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Author Name: Meryl Davids Landau

Local City: Boca Raton

Book Title: *Warrior Won: A Novel*

ISBN: 978-1936586486

Author's website: www.meryldavidslandau.com

This book is also available on Amazon.

DBPL: **What inspired you to write this book?**

Answer: *I love reading women's fiction and I love reading self-help and contemporary spiritual nonfiction books. A number of years ago it dawned on me that there were no books that combined the two. My first novel, Downward Dog, Upward Fog, was the first to deal with the theme of How do you keep your inner peace no matter what's going on in your life. Warrior Won asks a similar question: If something might be wrong with your unborn baby, how do you stay centered and calm? Numerous yoga, mindfulness, meditation, singing and other techniques help get Lorna through. Readers find it both enjoyable and enlightening, which is why it won first place in the Living Now Book Awards.*

DBPL: **How long did it take from first word to publication?**

Answer: *About 2.5 years.*

DBPL: **What is your favorite part of the writing process?**

Answer: *I am also a health journalist, so I'm used to documenting every fact. What I love about writing fiction is that while everything has to ring true, you get to make stuff up! Dialogue was definitely tough at first, until a writer friend told me to read it out loud, which forced me to make it conversational.*

DBPL: **What was your favorite book when you were a child?**

Answer: *From the Mixed Up Files of Mrs. Basil E. Frankweiler, by E. L. Konigsburg. I was thrilled when my daughter came home one day with the same book from her school library.*

DBPL: **Are you working on anything new?**

Answer: *Another book that also includes the character Lorna from Warrior Won, but this novel is centered around her friend Janelle.*

DBPL: **Do you have any advice for aspiring writers?**

Answer: *Commit to spending 20 minutes 5 days a week on your writing project. If you end up doing more, great. But don't force yourself to do more. People who say they're going to write 5 hours a day every weekend typically last less than a month. If you do a little daily, after a while the project will call you and it will be fun. But don't do less than 5 days a week either. As the old joke goes, What's the difference between someone who writes a novel and someone who wants to write one? Typing.*