

# The 8 openings to free your book now

Practical exercises to discover your book is already available.



Youri Hermes

# The 8 Openings that uninstall the author (1/2)

## **Opening 1.** Unplanned words.

Uninstalling the belief that writing begins through effort, planning, or knowing what to say.



## **Opening 2.** Untamed archive.

Uninstalling the need to organize before noticing what already connects and holds its own shape.



## **Opening 3.** Undecided book cover.

Uninstalling the idea that calling it a book is premature before the book has become one.



## **Opening 4.** Unready Sharing.

Uninstalling the belief that a book must be private until it's strong enough to be shared.



# The 8 Openings that uninstall the author (2/2)



## **Opening 5.** Unbound AI partner.

Uninstalling the belief that AI improves rather than reflects what was never really yours.



## **Opening 6.** Unfolding outline.

Uninstalling the pressure to design structure instead of seeing what already holds together.



## **Opening 7.** Unfixed editing.

Uninstalling the urge to keep fixing what already carries rhythm, weight, and clarity.



## **Opening 8.** Unauthored publication.

Uninstalling the belief that the book needs you to stay visible to stay alive.



# Opening 1.

## Unplanned words.



You sit down to write something real. You want it to matter. But the more you try, the more the words resist. They tangle, stall, vanish. Not because you're doing it wrong, but because there's nothing to do. **The book doesn't need your effort.** It needs you to stop performing authorship long enough for what's already here to come through.

# 11 writer's beliefs

And the help that only makes it worse...

Writer's Belief	Guidance from hustle book coaches	Wisdom from spiritual book coaches
I need to know what I'm writing	Make a clear outline or content plan	Trust your inner voice, the clarity will come
I'm not ready	Let's build a 90-day roadmap to get you writing	Resistance, let's explore what's behind that feeling
My writing is all over the place	Use a system like index cards or sticky notes	Follow the thread of aliveness, let it shape itself
I'm not good at writing	Hire an editor, take a writing course	Your writing is medicine, honor its truth
I can't finish anything	Try morning writing rituals & accountability partners	You're in a cycle, gently bring awareness to it
I don't know my audience	Build a reader avatar or niche profile	Speak to your past self who needed this message
What if it's already been said before?	Say it your way, that's your unique angle	Truth is universal, your voice gives it resonance
I'm afraid people will see I'm not a real writer	Push through imposter syndrome with action	You are already enough, write from your inner truth
My drafts are too messy	First drafts are meant to be ugly, clean them later	There's beauty in the raw, just let it be sacred
I don't know how to start	Start in the middle, just begin anywhere	Start with presence, even a breath is the beginning
What if it's not worth writing?	Let the market decide, test it	If you feel it, it matters. Write it for the healing

# No Author. No belief. No problem.

We don't work with beliefs here.

We don't correct them. We don't soften them. We don't turn them into something useful.

**They're not obstacles.** They're just what shows up when the writer tries to show up and intervene again.

That's all.

And when there's no one left to hold them, they stop sticking to anything.

They fall away. Not because they've been fixed. But because there's no one left to carry them. It's a relief.

And besides that, the book remains.



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# Opening 2.

## Untamed archive.



You have notes, drafts, fragments, spread across apps, pages, recordings. You think the problem is disorganization. But the moment you try to sort it, the life drains out. That's because the writing isn't waiting to be organized. It's waiting to be noticed.

**The book is already in there, scattered and intact.** You don't need to figure out what to keep. You just need to see what never stopped speaking.

# The archive is already full.

Tick off all the boxes you thought of:

- ☐ **Notes app** (every folder, every note) .....
- ☐ **Google Docs or Word files** (titled or untitled) .....
- ☐ **Substack/Medium drafts** (published or not) .....
- ☐ **Newsletters you've sent** (old and existing) .....
- ☐ **Social media posts or threads** .....
- ☐ **Emails you wrote** (that felt like something more) .....
- ☐ **Journals or physical notebooks** .....
- ☐ **Transcripts of coaching or podcast convo's** .....
- ☐ **Voice memos you left yourself** .....
- ☐ **WhatsApp or Signal rants** (to clients or friends) .....
- ☐ **Zoom call recordings** .....
- ☐ **Conversations with AI** (yes, even those) .....
- ☐ **Unfinished blog posts** .....
- ☐ **Archived pages from websites** (old and new) .....
- ☐ **Comments you left on someone else's work** .....
- ☐ **Workshop slides or teaching materials** .....
- ☐ **Annotations or highlights** (in ebooks and PDFs) .....
- ☐ **Anything you once called "not quite a book"** .....

# Scattered, never absent.

You're not collecting material to finally start writing. You're not filling gaps, or sorting relevance from noise. This isn't about clarity nor completion.

You're just seeing the truth.

That the book has already been speaking. Not clearly. Not neatly. But consistently. Over time. Across everything.

The archive is not a mess. **It's a shape that scattered itself to be found later.**

You don't need to organize it. But you can. Not to control it. Just to see what's already here.

And once you see it, you stop asking where the book is. Because now it's impossible to miss.



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# Opening 3.

## Undecided book cover.



It feels strange to make a cover before you've written the book. But something shifts when you do. Not because it's finished. But because **you stopped pretending it wasn't real**. You gave the idea a place to gather. And in doing so, you crossed a line you didn't know you were avoiding. The book didn't begin with the cover, but the moment you made one, you stopped hiding from it.

# [fill in a provisional working title]

[fill in a subtitle, for now]



[fill in your name]

# It was already a book before we called it one.

The moment you give it a title, you might think you're claiming the book.

You're not. You're just discovering it. And not for the first time.

This isn't the beginning.  
**This is you catching up.**

The cover doesn't invent the book. It reveals how long it's been waiting for you to stop pretending it wasn't real.



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# Opening 4.

## Unready sharing.



You tell yourself it's not time yet. You just need to refine it, clarify it, shape it a little more. But the drafts keep piling up, and the energy keeps leaking out. That's because **the book doesn't want to be perfect**. It wants to be seen. Not later. Now. In its unfinished, uncertain form. The moment you share something raw, the book begins to gather around it.

# **Exercise:** Share words that already hold the whole book.

## **Step 1: Write three short sentences.**

Not about the book. From it. Let the voice come through, as if this were already a paragraph inside the book.

 Write here:

---

---

---

## **Step 2: Now, reduce it to one short sentence.**

What still feels inevitable when everything else is gone?

 Write here:

---

## **Step 3: Now, reduce it to two words.**

Not a concept. Not a category.  
Just two words that still pulse.

 Write here:

---

## **Step 4: Post one of them.**

Anywhere. As it is. No context, no setup. Not to be seen. Just to let the book arrive in the open.

# Actually, this was never a sample.

You didn't shrink anything. You didn't reduce the book to fit a format. You just removed the part that kept pretending there was more to find.

Those words weren't a preview. They weren't an introduction. They were the book.

Not symbolically. Not spiritually. Literally.

The rest is just repetition. Filler. Delay. A long way of saying what's already been said.

**The only thing missing was the idea that something's missing.**

Now that's gone too.



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# Opening 5.

## Unbound AI partner.



You try to sound like yourself, but the more you try, the less you recognize it. Then you feed a few scraps to an AI and something strange happens. It reflects back something that feels clear, familiar, almost inevitable.

**Not because it's smarter, but because it has no image to protect.** That's the opening. You see the patterns you've been writing around. You stop pretending you're the one creating them.

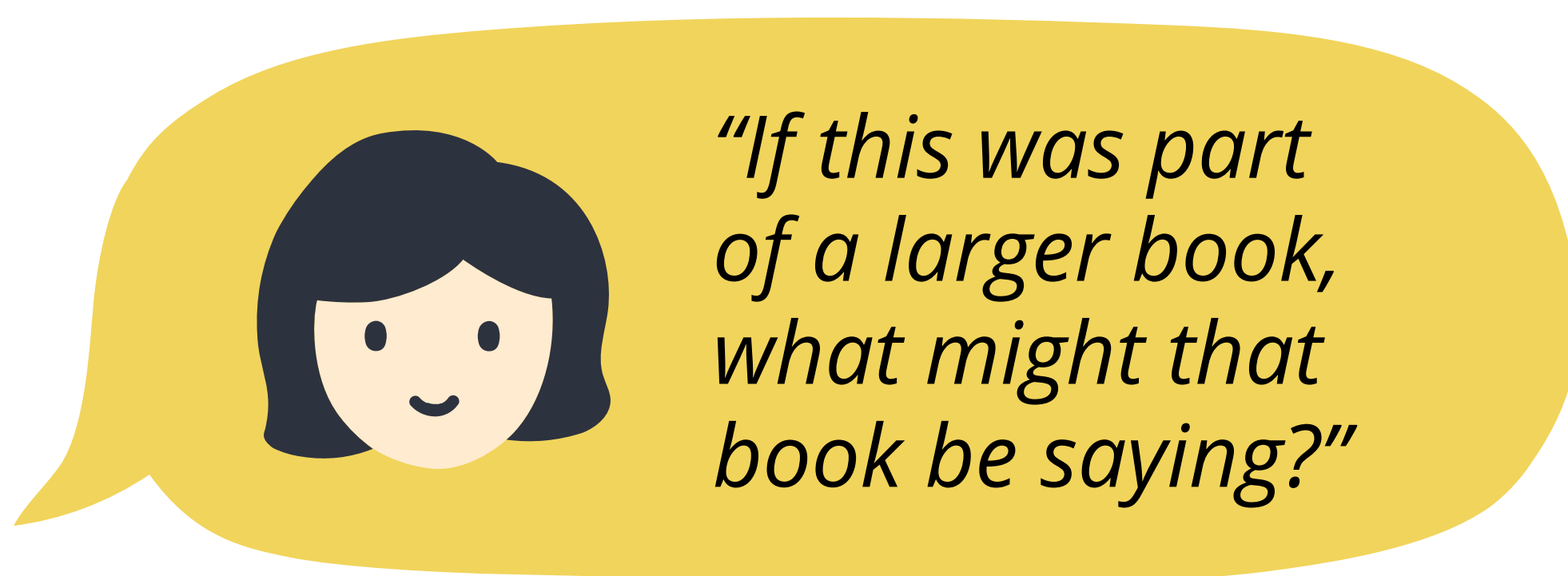
# Exercise: Let AI reflect what was already writing itself.

## Step 1: Pick one raw fragment.

A paragraph, a voice memo transcription, a chat message, a messy draft. Doesn't matter.

## Step 2: Now give it to your AI tool (like ChatGPT).

Prompt it with this:



## Step 3: Read what it gave you.

Not to judge it. Not to use it. Just to see what it noticed that you didn't.

# It was already there before anything.

You gave it a fragment.

It gave you a shape. A pattern. A glimpse of something larger.

Not because it's smart. Not because it understands. **But because it has nothing to protect.**

No voice to maintain. No story to defend. No idea of being a writer.

So it shows you what you weren't trying to see. Not something new. Not something invented. Just what the writing was already circling before you tried to take credit for it.

That's not magic. That's not co-creation. That's just less in the way.



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# Opening 6.

## Unfolding outline.



You think you don't know what the book is about. But when you look back at your writing, certain ideas keep returning. One piece echoes another. Something is already forming. It's not random. It's not waiting for you to make a plan. **It's been surfacing all along, quiet and complete.** The outline isn't something you build. It's something you realize was already there.

# Exercise: Draw the structure that's already there.

## Step 1. Pick 5 writings as a consequence of your work.

Anything that came through while you were close to what matters. Posts, drafts, notes, sentences, tangents, anything.

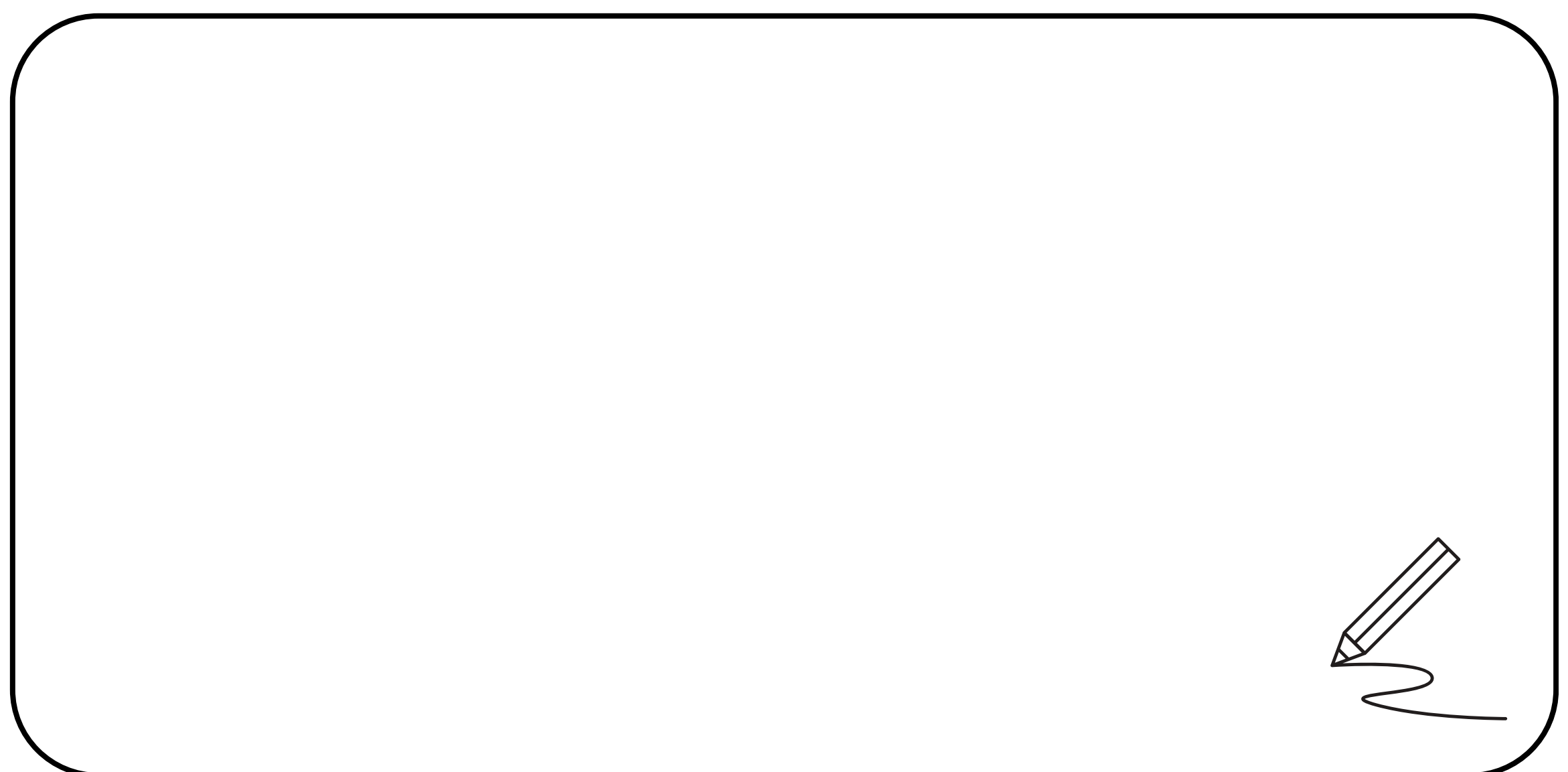
## Step 2. Lay them out.

Print them. Open them side by side. Look without organizing.

## Step 3. Now draw what's already forming.

The way it moves. The rhythm of it. The quiet logic behind it. It might spiral. Loop. Stack. Fragment. Expand.

Whatever shape it's already becoming, draw that. On paper. In Canva. In a notebook. Doesn't matter. Just let it show itself.



## Step 4. If content wants to land inside the shape, let it.

If labels appear, write them.

If it turns into an outline, that's fine too.

# You didn't create this, at all.

You didn't map a message.  
You didn't organize your  
thoughts. You didn't plan.

**You just caught the  
structure mid-appearance.**

The pieces were already  
forming something. Not  
because you shaped them.  
But because they kept  
returning to each other long  
before you saw the pattern.

This isn't outlining. This is  
noticing the book refusing to  
stay scattered. And letting  
that refusal become visible.



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# Opening 7.

## Unfixed editing.



You keep going back to clean things up. Rereading. Rephrasing. Smoothing the rhythm until it sounds more correct, but less alive. That's because most editing isn't refinement. It's interference. **The writing didn't need fixing. It needed space.** The moment you stop interrupting it, you start hearing what was always steady underneath.

# Exercise: Wear both hats. Then watch it break.

**Step 1.** Find a short message or paragraph you recently wrote. An email. A chat. A journal note.

Anything that came out without effort.  
That was the writer. The one who wasn't trying.

**Step 2.** Now, pretend you're the editor. Reread the same text and "improve" it. Clean it up, make it better, more clear, more correct, more complete.

Write or paste both versions side by side.

**Step 3.** Now compare them. Not for quality, but for feeling.

Use the scale below (1 = not at all, 5 = fully):

	First version	Edited version
Felt complete in the moment	☆ ☆ ☆ ☆ ☆	☆ ☆ ☆ ☆ ☆
Carries a rhythm you didn't plan	☆ ☆ ☆ ☆ ☆	☆ ☆ ☆ ☆ ☆
Sounds like something you'd say	☆ ☆ ☆ ☆ ☆	☆ ☆ ☆ ☆ ☆
Says exactly what it needs to say	☆ ☆ ☆ ☆ ☆	☆ ☆ ☆ ☆ ☆
Makes you want to keep going	☆ ☆ ☆ ☆ ☆	☆ ☆ ☆ ☆ ☆

**Step 4.** Notice what changed when you stepped in.

Not which one was better. Just when it tightened. When voice turned into performance. When writing became control.

That's when the editor appeared. That's when the book paused.

# Editing was already happening.

**There was never a second version.**

Only a moment when you  
stopped trusting the first one.

Not because it was unclear.  
But because it came without effort.  
And that made you suspicious.

So you put on the editor's head.  
Measured. Tightened. Reframed.  
And lost the thing that didn't need you.

The idea that editing comes after writing  
is how the writing stops speaking.

There's no hat to wear. No role to switch.  
No second you that knows better.

There's just what came through.  
And the part of you still trying to own it.



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# Opening 8.

## Unauthored publication.



You think publishing means stepping forward. But the more visible you try to be, the heavier the book becomes. Because now it's not just a text, it's yours. Something to stand behind. Something to defend. But what if it never needed to be yours? What if it was never about you? **The moment you let go of authorship, the book releases itself.** And you finally see that it always could.

# Exercise: Share a quote without owning it.

**Step 1.** Find a line from your own writing that still moves you.

Just one sentence. No need to explain it.  
It already stands on its own.

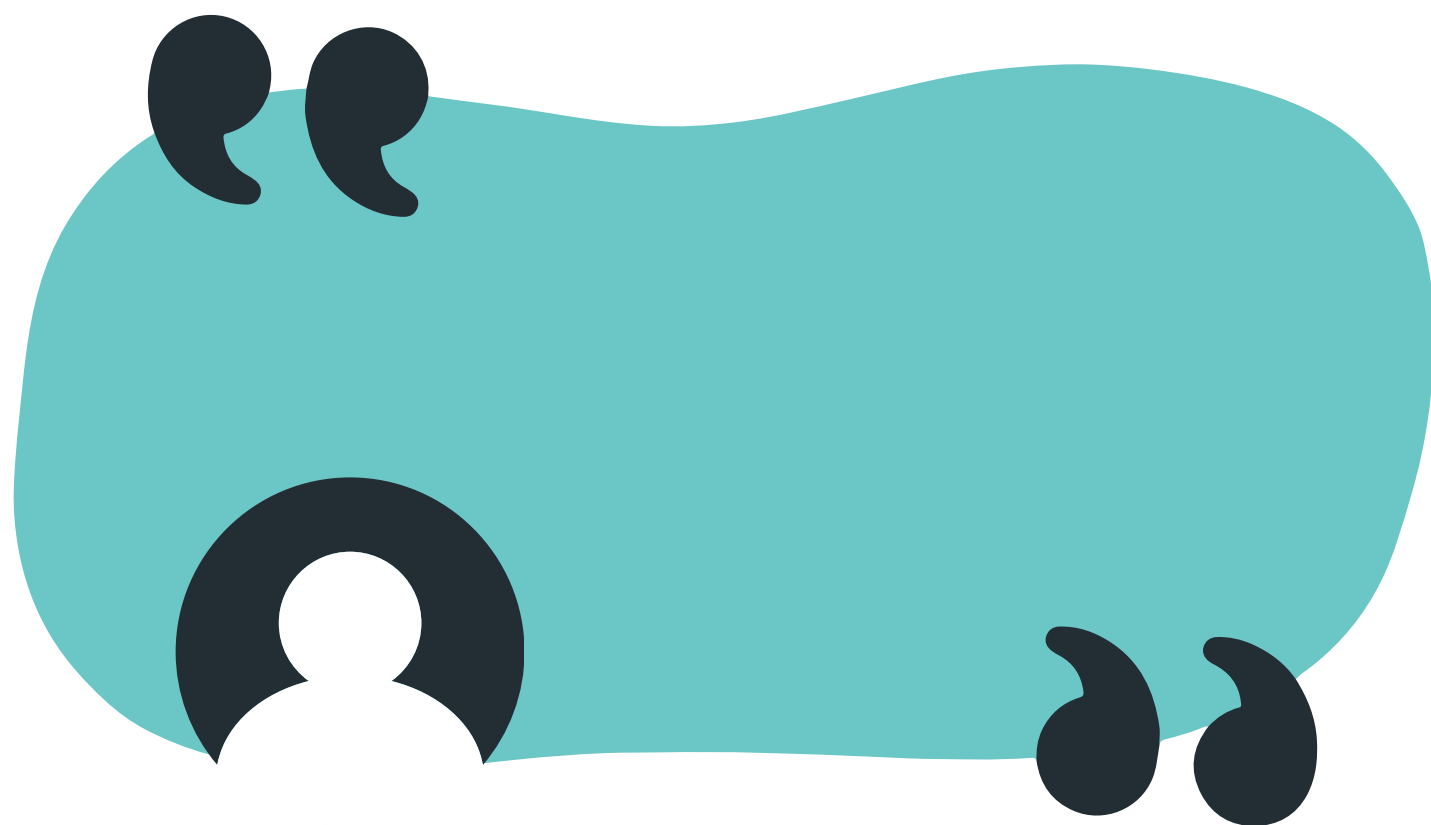
**Step 2.** Share it somewhere public.

As a quote. With no name. No attribution. If you're posting it on a platform that asks for context (like LinkedIn), just say:  
*"Read this somewhere and saved it. Still sits with me."*

**Step 3.** Add this to the quote, if you want:

– unknown

Then let it go.



Don't clarify. Don't follow up. Let the words live without you.

That's the publication.

Not something you've released. Something that no longer needs to be claimed.

# It was never really yours.

You didn't share it for approval. You didn't release it as a milestone. You didn't offer it as a piece of yourself.

You just let it be seen. Without attaching a name to the seeing.

And in that moment, what mattered stayed. What didn't, disappeared.

This is what publishing actually is. Not being brave. Not stepping forward. **But no longer needing to be there at all.**

Not a letting go. Just an absence that didn't need to be explained.



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# Get a free book-readiness call.

**What is readiness, anyway?**

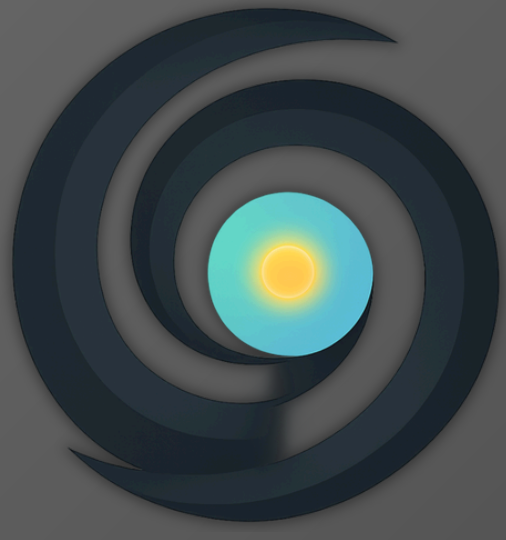
**If you've done the exercises, you've likely seen it already: The book isn't waiting for you. You're just catching up.**

**In this free 30-minute call, you can ask questions, and if it fits, I'll share what I've discovered from publishing four books.**

**Don't expect simplified steps or complicated strategy, just a practical tip or simple pointer that shows the book doesn't need to be built. Only freed.**



**Schedule free book readiness call (30 min)**



# The book is already here.

Not in theory. Not eventually. You've seen enough to stop calling it an idea, a concept, or a dream.

I'm Yuri Hermes. I've published four books.

Not by refining a voice or following a method, but by letting the book take form without turning it into a personal project.

The W-W-W Mentoring Program is a natural continuation from here.

It's a practical 1:1 space. Not to install the right mindset or writing habits, but to let the book come into form without turning it into an effort.

In three months, your book is something you can hold. Not as a personal milestone. But because it no longer made sense to keep it in.

Let's stop making it harder.  
Withholding your book serves no one.

Are you ready to set your book free?

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