

FOR IMMEDIATE RELEASE:

On Sale: July 7, 2026

Tanya Farrell, Wunderkind PR

tanya@wunderkind-pr.com, 646-450-8030

Elena Stokes, Wunderkind PR

elena@wunderkind-pr.com, 917-887-0784

Mindfulness Meets the Writing Life in *Sit Write Here*: Award-Winning Novelist April Dávila Offers a Science-Based Path to Creative Focus and Freedom



SIT WRITE HERE

6 Mindfulness Practices to Help You Write More and Suffer Less
by April Dávila

"If you want to learn how to meditate and use it to deepen your writing, this simple, knowledgeable and encouraging book can show you how."
—**Jack Kornfield, *New York Times* bestselling author**

"As the author of twenty-seven published books, I strongly recommend to beginning writers and seasoned professionals alike April Dávila's lessons on how the practice of mindfulness meditation and Buddhist wisdom can enhance one's creativity. *Sit Write Here* is filled with reader-friendly instruction worthy of our trust."
—**Charles Johnson, National Book Award-winning author of *Middle Passage* and *The Way of the Writer***

In a culture engineered to fracture attention and amplify self-doubt, novelist and mindfulness instructor April Dávila offers writers something radically practical: a way to suffer less and write more.

In her new book, **SIT WRITE HERE: 6 Mindfulness Practices to Help You Write More and Suffer Less** (St. Martin's Essentials, On sale: July 7, 2026), Dávila blends neuroscience, contemplative practice, and hard-earned creative experience into a grounded, accessible guide for writers seeking focus, flow, and emotional resilience. Drawing on more than 25 years of meditation practice and a background in biology, Dávila reframes mindfulness not as spiritual abstraction but as a trainable skill—one that can transform the writing process from anxious struggle to sustained creative engagement.

Dávila is the award-winning author of the novel *142 Ostriches*, recipient of the prestigious WILLA Award for Women Writing the West. She is also a Pushcart Prize nominee and founder of a thriving mindful writing community where writers meditate and write together each morning.

The idea for *Sit Write Here* emerged from Dávila's own experience. After spending six years struggling with her first novel, she began meditating regularly. What followed was a creative shift: she completed the novel, her short stories began to publish, and her confidence deepened. "At first, I dismissed it," Dávila says. "I have a background in science, so I'm well aware that correlation is not the same as causation. But when I really looked at what had changed, I found six distinct, teachable ways mindfulness made me a better writer."

Those discoveries form the foundation of *Sit Write Here*: practical exercises that help writers manage self-doubt, embrace discomfort, and reliably enter states of deep creative flow. They include:

- Get Writing by developing deep concentration to enter a state of creative flow.
- Keep Writing by identifying and overcoming internal obstacles.
- Dive Deep by accessing and articulating complex emotions.
- Embrace Discomfort to authentically portray conflict.
- See Clearly by refining the editing process with mindful awareness.
- Find Equanimity to maintain resilience amidst feedback and rejection.

Grounded in neuroscience rather than jargon, April Dávila shows how the brain's negativity bias intensifies rejection and comparison—two near-universal challenges for writers. In *Sit Write Here*, she teaches writers to separate their worth from their work and how to respond to self-criticism.

“Writing is hard,” Dávila says. “But we don’t have to suffer so much. And when you suffer less, you write more. You tell more stories. You put more books into the world.” Her own path—from studying biology to technical writing to drafting her first novel before dawn while raising young children—reflects the systems-based approach she advocates.

A practicing Buddhist and certified mindfulness instructor, Dávila keeps her approach secular and accessible. “Don’t take my word for it,” she tells writers. “Try it. See what works for you.” In a world designed to fragment attention, she calls focused writing time a quiet act of rebellion—and shows writers how to reach creative flow “not by luck, but by training the mind.”



APRIL DÁVILA is an award-winning author, speaker, and writing coach. *Publishers Weekly* called her debut novel, *142 Ostriches*, a "vivid, uplifting debut" and the book went on to win the WILLA Award for Women Writing the West. *Writer's Digest* listed her blog (at aprildavila.com) as one of the Best 101 Websites for Writers and she is the creator of the Sit Write Here writing coaching program, helping writers quiet their inner critics, overcome writer's block, and edit more effectively.

[Click here for high-res downloadable images of April](#)

[April Dávila Talking Points](#)

- **The Origins of *Sit Write Here*:** How a stalled novel, a daily meditation practice, and a surprising creative breakthrough led April to connect mindfulness directly to better writing.
- **A Science-Based Way to Write More and Suffer Less:** Grounded in neuroscience and informed by Dávila’s background in biology, mindfulness helps writers understand self-doubt, rejection, and negativity bias, separate their worth from their work, and stay present, focused, and ambitious without spiritual jargon or platitudes.
- **Training the Mind for Focus, Flow, and Emotional Depth:** By working with the brain’s shared pathways for physical and emotional discomfort, mindfulness builds tolerance for fear, grief, and conflict on the page—while offering practical tools to protect attention, enter creative flow, and write with greater depth in a distracted world.
- **From Biology to Buddhism to the Page:** How April’s scientific training and long-term Buddhist practice combine to create a grounded, research-based approach to creativity and self-understanding.
- **Translation as a Creative Skill:** What years of technical writing and “nerd translation” taught her about breaking down complex ideas into language that can be easily understood.
- **Discipline vs. Systems:** Why sustainable creativity isn’t about endless willpower, but about building rhythms and routines that work with real life.
- **Writing as a Lived Practice:** How being an active, award-winning novelist (*142 Ostriches*, WILLA Award) shapes April’s credibility, coaching philosophy, and empathy for writers in the trenches.
- **Community as Creative Support:** Why writing and meditating in a community matters—and how shared practice helps writers finish books.
- **Balancing Multiple Creative Modes:** How April manages fiction, nonfiction, coaching, and business by honoring natural energy rhythms rather than forcing productivity.

[Praise for SIT WRITE HERE](#)

"Novelist Dávila uses a Buddhist framework to ground this gentle writing guide. ... Compassionate and refreshingly nonprescriptive, this will be a boon to blocked creatives seeking a fresh approach."

–**Publishers Weekly**

"The toolkit every writer needs to stay focused and do their best work."

–**Zibby Owens, author, publisher, and podcast host**

"If I've learned anything in my career, it's that good writing comes from understanding your own mind. April Dávila approaches writing as an ongoing practice of attention and strengthens a writer's ability to finish what they start. Sit Write Here is a steady companion you'll return to again and again throughout your writing life."

–**Jennie Nash, founder and CEO of Author Accelerator**

"To write is to sit still and concentrate—two activities that most people find increasingly difficult in our hyper-mediated, screen-addicted age. Sit Write Here makes a clear and compelling case for how meditation and mindfulness practice can help writers do their best work."

–**Brad Listi, bestselling author and host of Otherppl**

"A ground-breaking, life-changing, creativity-expanding walk through real-time transformation! April Dávila's Sit Write Here shows the power of meditation to lift up writers and help them step into their true talented selves. A gem of a gift for writers!"

–**Lynne Golodner, award-winning novelist and publisher of Scotia Road Books**

"I would have killed for a book like this when I was starting out. April Dávila gets the balance of craft and consciousness exactly right and shows that noticing lies at the heart of it all. Compassionate, wise, yet filled with practical techniques, tips, tricks, Sit Write Here is a marvelous work, destined to live on every writer's shelf, dog-eared and often returned to."

–**Mark Sarvas, award-winning novelist**

"April Dávila offers a gift to her fellow creatives in Sit Write Here. Through her lived experiences as a writer and meditator, she guides writers through the ups and downs of the journey of the writing process, pointing them to the most essential - that which lies within."

–**Ofosu Jones-Quartey (Born I), author of Lyrical Dharma: Hip-Hop as Mindfulness**

"This book is the essential toolkit for every author seeking to move from mental chaos to creative flow. I will be using and recommending it!"

–**Faith Adiele, award-winning author of Meeting Faith: The Thai Forest Journals of a Black Buddhist Nun**

"A generous and grounding book for writers and mindfulness practitioners alike, coming from April's lived wisdom both as a writer and as a meditator. I was personally inspired to begin writing again after reading this."

–**Celeste Young, Theravadin Buddhist mindfulness and Dharma teacher**

###

[Connect with April Dávila](#)

[Website](#)

[Instagram](#)

[LinkedIn](#)

[You Tube](#)

[Facebook](#)

SIT WRITE HERE: 6 Mindfulness Practices to Help You Write More and Suffer Less by April Dávila

St. Martin's Essentials / On-sale: July 7 2026

Trade Paperback ISBN: 9781250425232

US \$19.00 / CAN \$26.00

eBook ISBN: 9781250425249