

*Second Edition*

How  
to  
Write  
a Lot

*A Practical Guide  
to Productive  
Academic Writing*

Paul J. Silvia, PhD



AMERICAN PSYCHOLOGICAL ASSOCIATION  
Washington, DC

## Contents

PREFACE	ix
1. Introduction	3
2. Specious Barriers to Writing a Lot	11
3. The Care and Feeding of Writing Schedules	29
4. Starting a Writing Group	47
5. A Brief Foray Into Style	59
6. Writing Journal Articles	75
7. Writing Books	99
8. Writing Proposals for Grants and Fellowships	115
9. “The Good Things Still to Be Written”	129
REFERENCES	135
INDEX	139
ABOUT THE AUTHOR	145