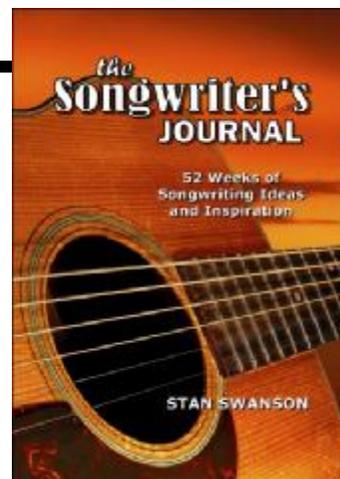


MEDIA KIT

The Songwriter's Journal

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About the book *The Songwriter's Journal*

Whether you are new to songwriting or have written hundreds of songs, ***The Songwriter's Journal*** should be within arm's reach whenever the mood to write a new tune strikes. It is packed with the fuel you need to ignite the imagination and provides you with more ideas than you could ever hope to write about. With hundreds of entries designed specifically to spark the muse within, the book should reside on every songwriter's bookshelf or desk. It includes songwriting exercises, chord progressions for new songs, word association exercises, ideas to write new songs about, note sequences for new songs, power words to include in your lyrics, items that belong in every songwriter's toolkit and much more.

Fact sheet

The Songwriter's Journal: 52 Weeks of Songwriting Ideas and Inspiration

Publisher: Stony Meadow Publishing

2020 West 10th Avenue, Broomfield, CO 80020

<http://www.StonyMeadowPublishing.com>

Author: Stan Swanson

Pages: 220

Format: Paperback (Perfect Binding)

ISBN: 978-0978792510

Publication date: January 19, 2007

Retail price: \$14.95

About the author



Stan Swanson's first excursion into creative writing was a poem published in the local newspaper when he was 8 years old. A few years later his 8th grade teacher was so impressed by his science fiction short stories that she sent them off to a University of Colorado English professor who told him he had the makings "of a true yarn spinner". He won a literary award in high school for one of his poems and was the entertainment editor of the school newspaper for two years.

After a three year stint in the Army, Stan worked as a writer, columnist and editor for a Denver area newspaper. He also worked as the entertainment editor for *Denver Magazine*.

Stan formed Computer Publications Unlimited in 1985 and published a computer magazine, *The Computer Connection*, and a gaming newsletter, *The Lynx*, for several years. He spent twenty years with a major Denver-area printing and publishing company and left his production manager position there in the late 90's.

The Dragons of Shadara was Stan's first book and was released through AuthorHouse in 2003. After additional research into the world of publishing, he formed Stony Meadow Publishing in 2005 as a means to writing and publishing additional works.

Stan has also written and published two books geared towards songwriters. *Inspiration For Songwriters* was released in 2006 and *The Songwriter's Journal* in 2007. His newest book, *The Misadventures of Hobart Hucklebuck*, is a juvenile fantasy adventure for ages 8-11. It is scheduled for release in October of 2007. His current plans call for a sequel to Hobart in 2008 as well as a re-release of *The Dragons of Shadara* as *Dragontooth: Book One*. It will be a complete re-write to allow for the possibility of additional books in the series.

Stan currently resides in Broomfield, Colorado with his wife, Joy. He has three children and four grandchildren.

Reviews & Comments: The Songwriter's Journal

"It's one thing to read a lecture on songwriting, but to figure out how to write songs, most of us need both ideas and motivation. I like this book for both. A great companion to have on your desk, in your guitar case or in your backpack."

--J. Hood, Denver, CO

Reviews & Comments: Inspiration For Songwriters

"This book is packed with innovative jet fuel that will set your mind soaring into the creative stratosphere. There are hundreds of imaginative ideas here to unlock the imagination. If you've always wanted to write songs and can't find at least one tip worth the price of the book, perhaps you should consider another pursuit -- like collecting Popsicle sticks or licking envelopes."

--Bob Lind, singer/songwriter (*Elusive Butterfly, Mister Zero*)

"I hadn't flipped through more than a few pages, just reading random bits and pieces, before I had more ideas for new songs than I could shake a stick at. In the hierarchy of books, this one clearly falls into the category of those that accomplish what they set out to do. And that is a substantial achievement."

--Ed Teja (*The Muse's Muse*)

"Wow, what a great idea for a book. You don't just read it once and put it away, you go back to it again and again whenever you need some new ideas or a 'jump-start'! This is right there in my music library next to Mel Bay's Deluxe Encyclopedia of Guitar Chords"

--C. Buckles, Singer/Songwriter (*BossaNovaNights*)

Interview Q & A for *The Songwriter's Journal*

Q: *How does this book differ from other books on songwriting?*

A: It is actually quite different from most other songwriting books I could find. And, believe me, I did plenty of research. It is not as much a book on “how to write a song”, although there are plenty of tips and tricks included, but rather a motivational book full of song ideas and exercises designed to spark the muse that resides within all songwriters.

Q: *What is your background when it comes to songwriting?*

A: I've been writing songs for more years than I care to think about. I wrote my first song when I was about fourteen and have probably written over 200 songs since then.

Q: *So do you know the lyrics and music to all those songs?*

A: I actually wish I did. Many of the songs I wrote years ago are lost forever. Now, in many instances, that is probably not a bad thing. But it's strange to go through a stack of lyric sheets from decades ago and not even recognize the songs, let alone remember the chords and melody. I think Paul Simon made a reference of that type in one of his songs. In “A Hazy Shade of Winter” he said something like “funny how my memory skips while looking over manuscripts of unpublished rhyme.” He hit the nail on the head with that line.

Q: *Do you have a CD?*

A: My producer and I are actually working on my first CD right now. It's a slow process as I am trying to market my books and am also working on a couple more manuscripts currently as well. The working title of the CD is *Driving Down To Eden* although I am also considering *Do Computers Dream of Pixelated Sheep?*

Q: *Isn't that a reference to a science fiction book?*

A: Yes. *Do Androids Dream of Electric Sheep?* by Philip K. Dick. It's a great book. People probably know it better as the movie “Blade Runner” with Harrison Ford. I was an avid science fiction fan in my younger days. Well, actually, I guess I still am.

Q: *So you a songwriter and an author. Do you have other creative outlets as well?*

A: I've painted an oil picture or two, but I'm really not much of an artist. In fact, I hired a great artist (Michael Koch) to do the cover artwork for my juvenile fantasy novel, *The Misadventures of Hobart Hucklebuck*. He's done a great job capturing the feel and look of the book and its characters.

Q: *Do you prefer writing fiction or non-fiction?*

A: That's a good question. They are very different. Non-fiction books require much more research in most cases. Fiction takes a lot of creativity. I'm not sure a lot of authors could successfully do both. I probably enjoy writing fiction more, but there's not the financial advantage that non-fiction brings to the table.

Q: *The that brings us to our next question. Do you prefer creative writing or songwriting?*

A: I love writing songs. Not many things are more satisfying than penning a new number. If I could make a living doing that, well, I guess that's what I'd be doing. Songwriting is a very different process than creative writing especially if you're talking about entire books. It's a quicker process, of course, and it's much easier to share your work with others. But I enjoy writing books too.

Q: *What types of music do you like?*

A: .I like a variety of music. Life would be pretty boring if you ate meatloaf everyday for dinner. Well, maybe not for me. I love meatloaf! But you see what I mean. I listen to all types of music especially when I'm getting ready to write a new song. It stimulates the creative process and gets me out of any rut I might have fallen in to. Whether it's Bob Dylan, Blind Lemon Jefferson or Glenn Miller, it's all good.

Q: *What style of music would you classify your own songs in?*

A: It's folk or soft rock or somewhere in between. I guess the newest label for it is Americana.

Q: *What else do you have in the works?*

A: I am currently working on three or four different books at once. I guess I need to narrow that down if I'm ever going to finish any of them. I actually just finished a juvenile fantasy book which will be out in October. It's called *The Misadventures of Hobart Hucklebuck* and I'm real excited about it. I'm also working on another called *Dragontooth*. It was published some years back as *The Dragons of Shadara*, but I'm doing a complete re-write as I plan on it being a series. My wife and I have discussed collaborating on the sequels. I'm also working on a book about self-publishing as well as another book for songwriters.

Q: *What do you do with in your spare time?*

A: As you can imagine, there's not much time for spare time in my life. I have a full-time job and then spend another 25-30 hours a week writing and marketing. My wife and I like to travel when we can. I secretly love reality TV shows, but don't let anybody hear that. I love the reaction between the people on these shows. I think it helps in my writing as well. It helps me understand why people act and react the way they do in certain situations. And you can seldom predict the ending!

Press Release: *The Songwriter's Journal*

***The Songwriter's Journal* hits all the right notes**

Whether you are new to songwriting or have written hundreds of songs, "The Songwriter's Journal" should be within arm's reach whenever the mood to write a new tune strikes. The 220-page book has been released by Stony Meadow Publishing of Broomfield, Colorado.

Denver, CO -- June 1, 2007 - Whether you are new to songwriting or have written hundreds of songs, *The Songwriter's Journal: 52 Weeks of Songwriting Ideas and Inspiration* should be within arm's reach whenever the mood to write a new tune strikes. It is packed with the fuel you need to ignite the imagination and provides you with more ideas than you could ever hope to write about.

The idea for *The Songwriter's Journal* grew from Swanson's first book on songwriting, *Inspiration For Songwriters: Tips and Tricks to Unlocking the Muse*.

"The first book was well received and had good reviews," Swanson said, "but I received many comments on how much more useful the book would have been had it been in 'journal' format with room for notes and such. It wasn't a giant mental leap for me to realize what the next book would be like."

Comments on Swanson's first book ranged from "more ideas for new songs than I could shake a stick at" to "this book is packed with innovative jet fuel that will set your mind soaring into the creative stratosphere."

The Songwriter's Journal goes even further with hundreds and hundreds of helpful ideas, exercises and more, including:

Weekly journal pages for each week of the year

- Ready-to-write-in journal sections for song ideas and lyrics
- Blank musical staff sections ready for note entries
- Blank guitar tab diagrams for guitarists
- Songwriting exercises for every week of the year
- Over 250 original song titles ready to "make your own"
- A different chord progression to experiment with every week
- 6 word association exercises every week designed to improve the creative process
- Overviews of 52 Hall of Fame Songwriters to study
- A weekly inspirational quote included to "spark the muse"
- A unique songwriting idea every week

- A different note sequence every week to experiment with
- Over 250 “power words” that will strengthen your lyrics
- A look at the top 52 songs of all-time according to Rolling Stone
- Things every songwriter should have in their toolkit
- Weekly quotes from songwriters included to “light that fire”
- 156 clichés and expressions to use as titles, lyric lines or hooks

With hundreds of entries designed to specifically spark the muse within, *The Songwriter's Journal* should reside on every songwriter's bookshelf or desk. The book is available through Amazon and other online bookstores as well as the publisher. It can also be ordered through your local bookstore (ISBN: 978-0978792510).

For additional information on *The Songwriter's Journal*, please visit the www.books4songwriters.com or www.stonymeadowpublishing.com web sites.

Author Stan Swanson has written one other book on songwriting, *Inspiration For Songwriters: Tips and Tricks to Unlocking the Muse* which was released in 2006. He has also written two juvenile fantasy books which will be released under the Stony Meadow Publishing banner. *The Misadventures of Hobart Hucklebuck* will be available in October 2007 and *Dragontooth: Book One* will be available in 2008.

Stony Meadow Publishing was established in 2004 and is located in Broomfield, Colorado.