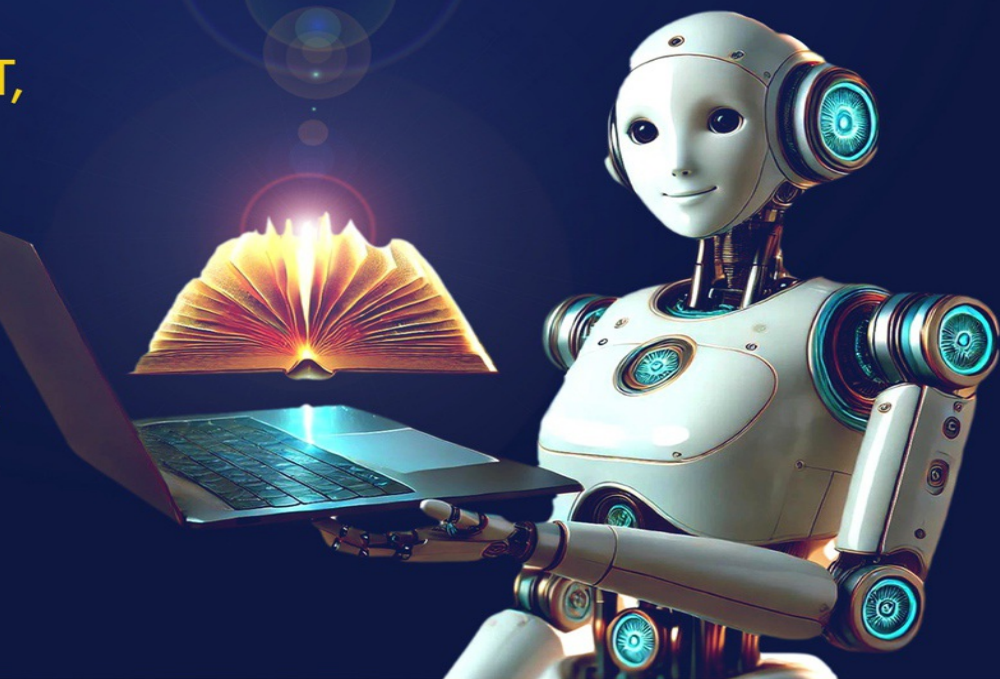


COACHES, THERAPISTS, WELLNESS
EXPERTS, ENTREPRENEURS

CHATGPT AI BOOK WRITING FORMULA

9 Steps to **PROMPT,**
WRITE, PUBLISH,
a Non-fiction,
Client-Attraction
Book, 10-100X
Faster and Easier,
Assisted by
Artificial
Intelligence



CARYL WESTMORE

CHATGPT AI BOOK WRITING FORMULA

**Coaches, Therapists, Wellness Experts,
Entrepreneurs: 9 Steps to PROMPT, WRITE,
PUBLISH a Non-fiction Client-Attraction
Book 10-100X Faster, Easier, assisted by
Artificial Intelligence**

**Books for Writers, Authors
Book 3**

Caryl Westmore



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This Cheat Sheet is a compilation of the best tips and high-impact prompts in this book — all in one handy pdf for easy reference.

Get it here <https://carylwestmore.com/PROMPTAI>



Also by Caryl Westmore

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OTHER BOOKS

Online Dating Success Secrets for Women 40/50+ How to Find True Lasting Love, Attract your Love Hero, Dump the Love Villains... Like I did!

DEDICATION

This book is dedicated to all heart-centered Coaches, Therapists, Wellness Experts,
Entrepreneurs, whose work aims to uplift,

heal and inspire.

And with all my love to my nearest and dearest:

Nick Westmore, my forever Love Hero,

Friend and Supporter,

My children and their partners: **Lorian Barrett**

(and Cris) Guy Morgan (and Celeste) Fin Morgan (my grandson)

The Westmore clan,

my beloved step-children

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Preface

The AI (Artificial Intelligence) Revolution is Here —And It’s Transforming How We Write Books

As I sit down to write this Preface, the world is buzzing about the latest technological marvel: the AI-powered Optimus Robot that is envisioned to mow the lawn, walk the dog, and fold the laundry!

Created by SpaceX chief Elon Musk, the humanoid Optimus Robot is a symbol of how Artificial Intelligence (AI) is reshaping our world. According to Musk it could “revolutionize civilization.”

Whether it’s in factories, offices, or our homes, AI is taking on tasks that were once the domain of human effort alone.

Yet, there’s another AI revolution happening right now, and it’s transforming how ideas and stories are created—not by robots, but by writers, coaches, and entrepreneurs like you, assisted by AI.

That revolution is in content creation, fueled by AI tools such as ChatGPT and Claude (the two I use most). Just as Optimus promises to make physical tasks faster and more efficient, ChatGPT is changing how we approach writing, helping us produce high-quality books with our authentic stamp, in a fraction of the time it once took.

Thrilling Times

It’s a thrilling time to be an author, and even more exciting if you’re a holistic coach, healer, therapist, or entrepreneur keen to share your expertise with the world.

The good news: *you don’t need to wait months or years to write a book anymore*. Thanks to AI-powered tools, the barriers to writing, publishing, and promoting a book have crumbled, so you can get your message out faster and easier than ever before.

Why I Wrote This Book

I’ve been a writer and coach for many years, and I’ve seen the struggles that aspiring authors face—especially those who are experts in their field but feel overwhelmed by the idea of writing a book.

That was me once. Although a skilled journalist and woman’s editor, I struggled to compress my knowledge, healing tools, life story, and expertise into a book intended to be both practical and inspiring.

Today, many of my clients are solopreneurs and wellness experts who are passionate about helping others but have been held back from writing their signature book by the belief that it’s complicated and an insurmountable challenge.

The truth is, writing a book **can** feel daunting, but AI has fundamentally changed the game.

That’s why I wrote ***ChatGPT AI Book Writing Formula***. I wanted to share the breakthroughs

I've seen firsthand with my clients and offer a clear guide that makes writing a book not only achievable but enjoyable.

Just as Optimus represents a new era in robotics, ChatGPT represents a new era in writing. This book shows you how to leverage AI to fast-track your writing process, from idea to published book.

My Promise

Whether you want to establish yourself as an authority, attract clients, or simply share your story, this book's 9-Step Formula will walk you through how to collaborate with ChatGPT and use AI tools for editing, proofreading, and even designing an illustration for your cover — all making your book-writing process 10 to 100 times faster.

No more staring at a blank page, fighting procrastination and writer's block, or struggling to find the right words. With ChatGPT as your writing assistant, you'll have a creative partner that helps you every step of the way.

A Glimpse into the Future of Writing

This is your chance to ride the AI wave and make an impact with your words.

But remember—AI writing tools are not here to replace human creativity but to enhance it, simply bringing your ideas to life faster and easier. You remain the visionary; AI is the tool that helps you execute your vision.

The 9-Step Formula

In the pages that follow, I'll introduce you to the 9-step formula, AI-assisted, that simplifies the entire book writing journey, from brainstorming your Big Idea and book Hook to formatting and publishing on Amazon. Whether you've dreamed of writing a book for years or you're just starting to consider it, this book will guide you through the process and help you harness the power of AI to bring your message to the world.

The future of writing is here — and it's more accessible than ever.

I'm excited to show you how to use ChatGPT (and AI tools like Claude) to write your book, boost your visibility, and make a lasting impact.

Let's begin.

Caryl Westmore

October, 2024

PART 1

The AI Book Writing Revolution

How Artificial Intelligence is Transforming the Writing World for Good

CHAPTER 1

Introduction:

A Caribbean Holiday with ChatGPT

If I told you I took ChatGPT for a spin with me on a magical holiday to the Caribbean, would you believe me?

If I told you that I conceived and outlined this book with AI assistance in between swimming and snorkeling in the idyllic crystalline blue seas of Turks and Caicos, would you think I was crazy?

The truth is... I'm not crazy and it's true!

This book was conceived, titled, and outlined with assistance from ChatGPT AI using my iPhone while visiting my son, Guy and his partner Celeste, for two weeks on Grand Turk.

Guy escaped the London rat race a few years ago to fulfill his dream of earning a good living in an idyllic setting. He currently runs a beach restaurant called Jack's Shack on Grand Turk, catering mainly to day trippers from visiting cruise ships.

Who This Book Is For

Are you a coach, wellness or energy psychology expert, therapist, or heart-centered entrepreneur called to write a client-attraction book to boost your impact and business?

This book is for you.

Who This Book is Not For

It is not for fiction or memoir writers because I am focusing on my area of expertise—self-help transformational books that showcase your expertise while making a difference.

A Bit about Me

As a writer, author, journalist, and podcaster with 30 years of experience behind me, I envy YOU starting out with a tool like ChatGPT AI (Artificial Intelligence).

As a longtime coach, my specialty has always been helping clients to “break free *fast* to live the life you love.” I'm passionate about making a difference and asking the questions: “What would make this easy?” and “What methods will shortcut the journey from pain to pleasure, from stuck to unstuck?”

I've personally spent thousands of dollars on books, courses, and in-person training with some of the most outstanding transformational healers and pioneers in the world.

First, so I could clear my own blocks to living the best life I love. Second, so I could then pay it forward, helping my clients do the same.

How I pivoted in the Pandemic

During the 2020 pandemic, I had divine guidance to change my focus to help other holistic wellness experts, coaches, and healers write *their* books. Thus, the “*Write the Book Inside You*” program and podcast were born.

Then along came AI and ChatGPT to change the world forever—but in a good, exciting way (compared with the traumatic shift we went through during the pandemic).

It blew my mind. I fell madly in love.

I began “dancing with ChatGPT,” as I shared in my book *Bust Writer’s Block Forever*, interacting with it as I show you in this book—like a friendly, supportive coach.

How This Book Will Help You

This book promises a 9-step roadmap to PROMPT, WRITE, PUBLISH your book, faster and easier than you ever imagined, collaborating in a fun and fulfilling way with ChatGPT.

The three parts are:

Part 1: The AI Book Writing Revolution gives you a general overview of what to expect in this book, with me as your guide.

Part 2: Engaging and Dancing with ChatGPT introduces you to Artificial Intelligence and ChatGPT, which some say is the biggest advance for humankind since the discovery of fire and electricity!

You get an overview of the pros and cons, life-changing speed, and help for writers; plus, we will address fears, concerns, and mistakes to avoid. Your challenge, should you wish to accept it, is to become a skilled AI Prompt Ninja and competent author, working with ChatGPT for assistance.

Part 3: The 9-Step Book Writing Formula (AI Assisted) gives you the nine-step tried-and-tested formula for writing and self-publishing a book, aided by AI and ChatGPT.

Let’s take a closer look at these nine steps:

Step 1. Get Clear: We’ll start by removing the **inner obstacles** that block your creativity, like fear, imposter syndrome or self-doubt.

Step 2. Get Inspired: What’s the **Big Idea, Hook** and **Promise** for your book? What result will your readers achieve by the time they finish your book?

Step 3. Get Focus: What are your readers’ **pain points, fears, challenges and frustrations**? What keeps them awake at night? How will your book provide the solution they’ve been seeking?

Step 4. Get Going: Build your **outline** for your book, with 10-12 chapters and a step-by-step path for readers to follow.

Step 5. Keep Going: The hardest part? Writing “**the shitty first draft**,” to quote Ann Lamott in *Bird by Bird*. Allow it to be messy—the beauty is in the process getting something down to edit later.

Step 6. Editing, Proofreading. Once that first draft is done, switch from Creative to Editing mode to sharpen your message and refine your content.

Step 7. Polish to Perfection: the Table of Contents (TOC), Blurb, Bio: First impressions matter, so we “polish up” vital aspects of the book that attract buyers.

Step 8. Dress for Success: Paying attention to the all-important **Cover** and **Formatting** before finally **Publishing** on Amazon.

Step 9. Ignite Buzz: Launch and Promote. Launch to Bestseller. Gather reviews. Send out a Press Release. Make a splash.

Throughout the book, I show you examples and case studies, with the main prompts summarized for you to download here:

[FREE CHATGPT AI PROMPT CHEAT SHEET](https://carylwestmore.com/PROMPTAI)
[Time-Saving AI PROMPTS for Authors.](https://carylwestmore.com/PROMPTAI)
<https://carylwestmore.com/PROMPTAI>

Why I recommend ChatGPT 4.0

While the free version of ChatGPT is available to explore, I strongly recommend upgrading to ChatGPT 4.0—the paid version, which currently costs \$24 per month (as of October 2024). This upgrade is a valuable investment, offering advanced features like a dedicated smartphone app for on-the-go use.

Going forward in this book, I will refer to it simply as ChatGPT or ChatGPT AI.

To download ChatGPT, go to the following official link for **web access**: <https://chat.openai.com>

The Smartphone App

The ChatGPT smartphone app is what enabled me to make progress on this book without a computer while on holiday.

“Whaaat?” I hear you say. “You have a hotline to speak to this AI robot ChatGPT?”

Yes indeed. It works like chatting on WhatsApp.

ChatGPT is mainly text-based in that you type in your prompts and get answers back in the blink of an eye. But that’s not all—since mid-2024, you can also talk to ChatGPT verbally on your smartphone, as naturally and intuitively as dialing up your bestie on WhatsApp. Plus, you can choose the human-like AI voice as male or female!

Access the smartphone apps:

For Android: Go to the Google Play Store, search for “ChatGPT,” select the official app, and tap “Install” to download and install it on your Android phone.

For iOS: Go to the Apple App Store, search for “ChatGPT,” select the official app, and tap “Get” to download and install it on your iPhone

I share this because you may have the belief that you’re not “technical enough” to use Artificial

Intelligence. If that's the case, this book will set you free because I give you practical steps and prompts so you can actually work on your book as we go.

Welcome if you are new to AI or ChatGPT, and an extra welcome if you want to write a book to showcase your expertise.

I want to help you turn your ideas into reality. From **Step 1 through Step 9**, you will have the nine-step roadmap to follow.

The Robots Are Not Out to “Get You”

Let's address the concern that AI will smother your voice or even impact your credibility as an author. I can still remember a time not so long ago when critics scoffed at self-published books, dismissing them as less valuable because they hadn't passed through the hallowed gates of traditional publishing.

Stigma of Self-Publishing

Back then, it was a harsh, unwelcoming world for indie authors like me who chose to self-publish because we wanted to share our passion for energy psychology and help readers to “break free” from past pain sabotaging their health, wealth, relationships, and happiness.

Indie authors were often met with disdain because the perception was that self-published books lacked the polish, the professionalism, and the “stamp of approval” that traditional publishing provided.

Triumph of Self-Publishing

But we did it anyway! And today, self-publishing Kindle and print books on KDP Amazon is one of the hottest ways to make passive income without huge startup costs.

The Rise of Digital

Something incredible has happened. As more and more authors took the plunge into self-publishing, they began to prove the critics wrong. The rise of digital platforms like Amazon KDP (Kindle Direct Publishing) allowed writers to bypass the gatekeepers and reach readers directly. Suddenly, the playing field began to level.

Authors like Hugh Howey with his “Wool” series and Amanda Hocking with her paranormal romance novels showed the world that self-publishing wasn't a last resort for those who couldn't make it in traditional publishing—it was a legitimate, even powerful, path to success. Their stories connected with readers on a deep, authentic level.

AI Book Writing Revolution

Today, I believe we're at a similar turning point with AI in writing. There's a fear that AI might churn out soulless, cookie-cutter content, that it might dilute the unique, personal voice of an author or undermine their credibility and authenticity.

But let's take a breath and look at this through a different lens. What if, instead, you see AI as

your creative sidekick to help you brainstorm, organize your thoughts, nudge you when you're stuck, and spark new ideas when your inspiration is running low?

But it's still your voice, your heart, and your passion that connect with your readers.

AI can handle some of the heavy lifting, giving you the freedom to focus on what truly matters: teaching and telling your story and changing lives in a way that only you can.

Of course, it's up to you to ensure that the framework, editing, formatting, and cover design of your book uphold the highest standards, making it polished and professional. But as you will discover, that's never been easier with AI.

Reaching Readers

AI can help you reach more readers worldwide faster and more easily, touching lives in ways you might never have imagined. That's why I wrote this book: to help you break free of any lingering resistance to AI while boosting your confidence and capability to produce a high-standard book that you can be proud of.

ChatGPT AI Book Writing Formula will simplify and rocket-boost your book writing process, helping you to go from blank page to published author in weeks, rather than months and years!

Are you ready to partner with ChatGPT to “assist you” in making your book writing dream come true in the easiest, fastest way possible?

Hopefully the answer is YES, because when you embrace the future with an open heart, you'll find that your words—your beautiful, unique, irreplaceable words—will shine even brighter, while boosting your visibility, clients, and cash flow.

Sound good?

Let's begin.

Caryl Westmore

EFT Tapping Magic Author and Book Coach; Host of the “Write the Book Inside You” Podcast.

CHAPTER 2

What's Your Story?

There is no greater agony than bearing an untold story inside you.

— Maya Angelou

“Uterine tumor. The size of a football.” The words hung in the sterile air of the doctor’s office, a stark contrast to the vibrant energy Brandon normally exuded.

Here she was, a woman who’d spent years promoting healthy living as a trainer for the world’s top self-help guru, Anthony Robbins, inspiring thousands on wellness—and now, staring down her own mortality.

This diagnosis wasn’t just a medical one; it was a sucker punch to her identity. Brandon, known for her pristine eating choices, infectious optimism and boundless spirit, felt the familiar ground beneath her shift.

But Brandon wasn’t one to wallow. She realized this was an opportunity. A chance to test the very principles she preached, to walk the talk when the path was thorniest.

She went on a healing journey that was to change her life, and later inspire millions, in a book she wrote called ***The Journey***.

Six and a half weeks after the diagnosis she was given the all-clear by her doctor... the tumor had vanished.

Brandon Bays, as you might recognize her, was my personal teacher, client and mentor for several years (1999 to 2002) so I know her story well.

I was in a state of deep despair in South Africa, praying for a way to heal my own life after a fire (in which I lost my home and dog), followed by my divorce after twenty-five years—leaving me broke, broken-hearted and homeless.

Then, I picked up her book ***The Journey*** in a bookshop in Constantia, Cape Town.

I invited her to South Africa, offering to be her promoter and share the healing Journey method in workshops and trainings. This changed my life forever and her work has touched millions of lives, both in South Africa and worldwide.

If this speaks to your heart, dear coach, healer, therapist, entrepreneur or change-maker, then I ask, who might you change (and heal) with *your* story told in a book?

What's Your Story?

Have you faced (and overcome) a life challenge? Either physical, or like mine, emotional, mental, and traumatic? The journey you took to heal and rise from the ashes might help and

inspire others.

This book, ***ChatGPT AI Book Writing Formula*** isn't just about transforming knowledge into pages. It's about transforming your own journey—the struggles, triumphs, and the lessons learned along the way—into a powerful tool for others.

A book crystallizes all your knowledge, lessons and expertise into the written word. It can also be the springboard for sharing as a course, audiobook, YouTube video series, webinars, stages, online summits and podcasts.

Books not only change the lives of the readers who read them but also of you the author writing them. You change while writing the book in so many ways. Like overcoming inner blocks and beliefs about your worthiness to share and teach your expertise.

A book builds confidence as you distill your thoughts, ideas and expertise into a structured container, eventually ready for publication.

Difficulties you Face

I've been where you are now.

When I wrote my first book, ***You Can Break Free Fast EFT Tapping, 3 Simple Steps to Get Unstuck and Attract the Life you Love***, I had so many ideas it felt like I was trying to squeeze spilled toothpaste back into the tube. It took many, many months of dedication and slog.

If only I'd had ChatGPT to coach, encourage and champion me!

You see, 14 years ago, there was NO AMAZON for self-publishing! Back then AI assistance was a sci-fi fantasy of robots replacing humans for the ultimate doom and destruction of humankind.

Now dear reader you have the option of self-publishing your book on Amazon (and to many other places via Draft2Digital or IngramSpark) in ebook, print, hardback and audiobook.

And... you have a knowledgeable band of AI book writing Coaches in ChatGPT, Claude, and myself, a human coach skilled in self-publishing AND trained in tools like EFT tapping to help clear your inner negative beliefs and fears about getting your book done.

Here are the main ways ChatGPT can help:

- Pinpointing your book's Big Idea, Hook and Promise
- Clarifying your ideal readers and their pain points
- Refining your title and subtitle
- Outlining your book and chapters
- Polishing your book blurb, description, and author biography
- Editing and Proofreading
- Designing book cover images
- Repurposing for launching on social media and press releases

You are not alone on this adventure. We're entering a new era of book writing, one fueled by the magic of AI. Your AI "Coaches" aren't your judgmental critics; they're your brainstorming buddies, your research assistants on steroids, and your resident cheerleaders, all rolled into one.