It can be easier than you think to make life style changes. One common mistake people make is to never consider how to integrade changes gradually. If you are approaching a new diet or exercise program thinking its “all or nothing”, you are setting yourself up for failure. What would you do if you were learning a new language. You would set daily goals for vocabulary and use those skills in reading and speaking. You would learn basic grammer and build on what you had learned until you were ready for more complicated information.

Well learning a new life style is a lot like learning a new language. You are getting your mind and body use to a different vocabulary of taking action and thinking about choices you make. You are learning to speak with the correct grammer of healthy choices. It won’t happen over night, just like learning a new language doesn’t happen over night. It takes practice.

If your career or credibility are on the line, do not underestimate the importance of having your non-fiction manuscript professionally copyedited. This is an example of an unedited manuscript we might receive for non-fiction. How many errors can you spot?

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Basic copyediting will correct:

- Typographical errors
- Misspelled words
- Grammatical errors
- Punctuation
- Homophone confusion
- Style consistency
- Standardization of spelling and capitalization
- Consistency of specific or repeated references

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You will receive the red "mark-up" corrections from your editor (shown above). This gives you 100% of the control regarding the edits you want to accept or reject. Or you can easily "Accept" them all. Either way, a professionally copyedited manuscript is fast and easy!