

IMMERSIVE EDITORIAL WORK WITH AMANDA STERN

author of *Little Panic*



What Amanda does is something akin to hypnosis or a medicine journey. Our sessions generated new pages but the more valuable discovery was a new facet of the project that I would not have found without her guidance.

-Sarah Manguso, author of *Liars and Very Cold People*

THE METHOD

Most writers arrive with a manuscript that isn't working and a theory about why. The theory is usually wrong, or at least incomplete. The visible problems: structure, pacing, dialogue, flatness, repetition, lack of momentum, are often symptoms rather than causes.

That's where we start.

I begin with the assumption that the manuscript and the consciousness producing it are inseparable. Craft problems aren't only technical. Often the issue is perceptual: the writer has lost touch with the emotional, sensory, or psychological pressure underneath the surface.

Sometimes the obstacle is structural, but often it's psychological: perfectionism, fear of exposure, over-intellectualization, emotional avoidance, self-consciousness, or difficulty tolerating uncertainty are holding you hostage.

Part of our process is learning to recognize how those pressures shape the manuscript.

Through close reading, live editing, immersive guidance, customized exercises, and sustained conversation, I help writers identify where the work loses connection with its own logic, and with the reader, and how to restore it.

The method draws from **Kinesthetic Realism**, a practice I developed that applies principles from psychology, Stanislavski's Method, analytic philosophy, and somatic awareness to literary craft. The premise is simple: there's a gap between a writer's intelligence and their emotional access, and our job is to close it.

The goal is not simply to improve the manuscript technically, but to deepen the writer's access to what the work is actually trying to become.

I only take on clients I believe I can genuinely help. If after reading your manuscript, I don't think I'm the right fit, I'll tell you honestly.

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PROCESS

Every engagement begins with me reading the manuscript, whatever exists of it. I take extensive notes, diagnose the work, identify recurring structural patterns, themes, distancing between the book and the reader, and design a fully customized process around what the manuscript, and the writer, actually need.

Some engagements focus primarily on craft and structure. Others center on what's interfering with the work itself: creative paralysis, self-consciousness, perfectionism, self-doubt, overwhelm, or difficulty sustaining belief in the project.

This is not open-ended consultation. Each engagement has a defined focus, specific objectives, and a clear end point.

I work best with writers who are ambitious, psychologically curious, and willing to interrogate not only the manuscript, but their assumptions, defenses, and habits shaping it.

Minimum three months.

UPFRONT COSTS

Initial reading fee: \$75/hour

Billed on completion of the read.

Program design: \$800 billed before the first session.

Both fees are non-refundable and separate from the monthly engagement rate.

References are available upon request; I encourage you to speak with former clients and students of my Kinesthetic Realism workshops before committing.



Working with Amanda was transformative. Her insights helped me identify and develop key scenes in a sprawling manuscript. The exercises we did together have given me a map and a method to proceed. She brings clarity and coherence to chaos in a direct, professional constructive way.

Rebecca Moore, writer

HOW AN ENGAGEMENT WORKS

INITIAL READING

1 After an introductory conversation, I read the manuscript (or whatever exists of it) in any incarnation, before any session begins. I take extensive notes, diagnose the text, and do preliminary editing.

PROGRAM DESIGN

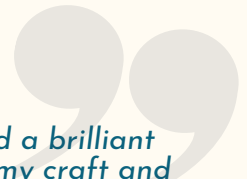
2 I spend one week designing a custom program built around what the manuscript needs, what the writer needs, and what is realistic within the engagement period.

SUSTAINED SESSIONS

3 Live editing, instruction, and exercises drawn from Stanislavski's Method, psychology, analytic philosophy, and literary craft, paced to the work, and your learning style. Every session moves the manuscript forward.

"Amanda is an extraordinary, present, humble teacher and a brilliant writer in her own right. "Kinesthetic realism" has deepened my craft and my aspiration to writing as directly as possible from within the grip and echoes of complex emotions. So grateful for you and your work, Amanda!"

-Rae Vineberg, Writer and Theatre Artist.



ENGAGEMENT TIERS - THREE MONTH MINIMUM

All sessions are fully customized. No two engagements are the same.

THE FOUNDATIONAL ENGAGEMENT \$3,000 month 1 / \$2,800 month 2 / \$2,600 thereafter 3 Month Minimum · Writers at the Start of Something

You have a manuscript, or the beginnings of one, and you know it needs work, but you're not sure what kind or where to begin.

We meet weekly for two hours, in person or on Zoom. During sessions, we work directly on the manuscript through live editing, structural analysis, scene work, close reading, brainstorming, customized exercises, and practical technique tailored to the specific needs of the project. You'll receive real-time instruction, learn techniques and methods, and run through exercises tailored to your learning style and the specific needs of the manuscript.

Between sessions, I annotate and edit your pages in detail and provide written notes focused on what the work is doing, where it is breaking down, and what to focus on next. This engagement is especially useful for writers who feel overwhelmed by the scale of the project, caught between competing versions of the work, or unable to identify where the real problems actually are.

THE DEEP ENGAGEMENT \$4,200 month 1 / \$3800 month 2 / \$3500 thereafter 3 Month Minimum · Active drafts and rewrites

You are actively drafting or revising and need sustained editorial attention and immersive involvement with the work.

We meet weekly for two hours on Zoom, in person, or in hybrid form. Sessions may include live editing, structural work, customized exercises, deep character analysis, somatic and perceptual exercises, methods drawn from acting, psychology, or analytic philosophy. This engagement is designed for writers working inside difficult material; writers struggling with resistance, self-doubt, and overthinking.

Between sessions, I remain deeply involved with the work through annotation, developmental editing, written feedback, and ongoing contact.

ENGAGEMENT TIERS THREE MONTH MINIMUM

All sessions are fully customized. No two engagements are the same.

THE FULL RESIDENCY \$6,500 month 1 / \$6,200 month 2 / \$6000 thereafter 3 Month Minimum · Writers at the Start of Something

This is high-contact, immersive manuscript work for writers who want someone holding the entire project in mind alongside them. We meet twice weekly for up to 90 minutes per session. Between meetings, I remain available for reading, editing, feedback, structural problem-solving, and ongoing dialogue about the work as it develops.

We work granularly and intensively: deepening character psychology, strengthening emotional logic, identifying hidden structural contradictions, clarifying thematic pressure, and locating precisely where the manuscript loses coherence or contact with itself and the reader. This engagement is best suited to writers undertaking ambitious long-form work who need sustained intellectual, structural, emotional, and perceptual support during deep revision.

SINGLE SESSIONS

Manuscript Diagnostic **
\$150 / hour (plus reading fee, if applicable)

You sense the manuscript has problems but cannot yet locate them clearly. I read your pages closely and identify where the work is breaking down structurally, emotionally, psychologically, or perceptually, and why. You leave with a clearer understanding of what the manuscript is actually asking for.

The Obstruction Session **
\$250 / hour (plus reading fee, if applicable)

You're blocked. Something in the work has locked up intellectually, emotionally, structurally, or psychologically. In 90 minutes, we isolate the obstruction, identify what pressure the work is failing to metabolize, and find a precise way forward.

What's Missing **
\$300 / hour (plus reading fee, if applicable)

You know something is wrong but you can't name it. I read the manuscript first, then we meet on Zoom for up to two hours, where I lead you through a process designed to isolate and name the missing element. Many ongoing clients begin here.

Agent List Curation
\$500 (plus reading fee, if applicable)

You have a manuscript ready for submission and you need to know exactly who to send it to. I build you a curated list of literary agents, with direct contacts and introductions where I can offer them, matched specifically to your voice, genre, and ambitions.

**For projects requiring deeper involvement, these sessions can expand into customized longer-term engagements focused on creative obstruction, manuscript diagnosis, structural development, and immersive revision.



Testimonials

"I am so grateful for the depth of knowledge Amanda shared with me. She gave me practical tools to continue deepening the connection between body, emotion, and the words on the page. I appreciate the way Amanda makes these concepts accessible and actionable, and I'm leaving with so much to reflect on and practice." - Nicole Inhaeim, writer

"If I had millions of dollars, I would pay Amanda to teach Kinesthetic Realism to every person in the United States. She has magical knowledge in her; stuff our world desperately needs these days."
- Meredith Arthur, Chief of Staff, TwentyTwo @ Pinterist

"Amanda truly knows what she's talking about. She walks the walk, and I honor that. She had a profound impact, and I've been working so hard at feeling what's going on inside, all the time, noticing, describing in my head. There is now a little Amanda voice on my shoulder telling me to stop and perceive. She impressed the heck out of me."
- Lisa Nackan, writer

Working with Amanda taught me how to feel rather than think about emotion. I've never thought about emotion this way."
- Melanie C, Mathematician

"As a writer who often finds myself entangled in urgency, anxiety and expectation, it was such a gift to to engage in a process that is direct and honest - where breath, sensation, memory are not abstractions, but vibrant, spacious, sources of authentic creative expression. My time with Amanda in just a single consultation truly shifted how I orient toward writing and how I orient to my experiences of loss in my lifetime."
- Lisa Temoshok, Licensed mental health counselor and writer