

[Book Journeys Author Interview](#) - March 8, 2018

Pleasance Silicki with Dr. Maritta Philp, author of *Medicine Woman: The Hard-Working Doctor's Guide to Creating a Life of Freedom and Choice*.

"No matter what you go through, somebody else will go through something similar at the same time."-Dr. Maritta Philp

Pleasance:

Hi, everyone! It's Pleasance here. I'm the author of *Delight: Eight Principles for Living with Joy and Ease* and a member of the Author Incubator family, and I'm super excited - Dr. Philp, are you there?

Maritta:

Yes, I am, hello!

Pleasance:

Hi! How are you? Wanna make sure you can hear me okay?

Maritta:

Yes, I can hear you fine, thank you very much.

Pleasance:

Oh, great! It's so wonderful to be chatting with you. I'm looking at your website, and I'm super excited to learn more about what you do and what the process of writing this book was like. As a fellow ... incubated author, I know - I've been through the process, but I published my book two years ago, so it's really fun to chat with other authors about what their experience was like, and what kind of transformation that you went through and hear about what you're doing now. So, thanks for joining me!

Maritta:

Oh, no, thanks very much, I'm very excited to be here with you today.

Pleasance:

Yay! So, let's get started. Tell me a little bit about how you came to the Author Incubator and what that process was like, how you started working with Angela.

Maritta:

Well, I had begun to write a book the year before I found Angela, and I'd been looking at various things ... - how I could publish and stuff, and then, I found her through an advert on Facebook. That's how I found ... - it just appealed to me, straightaway, that was just a - this knowing, ... that "It's gonna be the right thing for me," and I applied and that was it! That's how I found her. It was an amazing process, I have to say.

Pleasance:

Did you have - okay. So, let's talk a little bit about - you were looking for someone and you were writing a bit before. Why didn't you just go ahead and publish the book, or ... why didn't you ... finish it, or have your own - be able to ... move through that process on your own?

Maritta:

Yeah, well, that's a really, really good question. I think as ... answer to that for me. Firstly, I didn't really do very ... my - very little about the publishing industry, and I just did not know where to start. Then, secondly, even though I nearly finished my book, in the end, I wrote ... a different book, when I joined Angela's program. There was - her process was extraordinary, so I felt - you know how often you feel, "Who am I to write a book?" and "Is anybody gonna want to read it?" and all this self-doubt and not quite sure how to write ... is it good, is it the right thing? So ... the combination of that and the lack of knowledge about the publishing business, I just didn't even know where to start, to be honest.

Pleasance:

Okay. So, tell me about the work that you were doing - I know you're a doctor, but tell me a little bit about what you were doing, before you met Angela and Author Incubator.

Maritta:

Well, yeah, that's right. I'm a doctor, I work as a general practitioner, I'm in Scotland, in the UK, and like many doctors, I find - ... I'm aware, all over the world, really struggling with increasing workload and a lot of pressure at work, and I just decided, I can't carry on in this way. ... really stressed, I wasn't sleeping well, it was taking a real toll on my health, so I decided ... I needed to change. So, I resigned my job and did other work, and so, the book is really about my journey, how I decided I had to make a change, it's really to enable other doctors to ... take the same step. 'Cause it's very difficult, as a doctor - ... myself full responsible for my patients, and it was just a difficult process to go through, to actually leave that behind and - and do something else. I still work as a doctor now, I'm building a different business now, which is very exciting - challenging in its - in its own way, but different to - to medicine.

Pleasance:

Wow. So - okay. So, then, you signed on for the process, and - did you know that you were gonna be - did you decide to build a new business from the book that you were writing, or ... recreate yourself, or did that just ... happen naturally?

Maritta:

That ... happened. That is very interesting, how it happened, because I wrote the book, and in the end it turned out to be almost like a catharsis book, because, usually, I thought I would want to work with doctors ... who are doing the same thing. But in the end, it turns out that - so, actually, what I'm planning on doing, I still want to work with patients and really help them to regain their health by really holistic ways. But it was a very interesting process, it's almost as

though I had to go through the process of writing my story in order to really, properly move on. Which I hadn't seen coming! I didn't expect that at all, because ... the book I'd written originally was - was completely different, it was all about ... being - about ... the holistic health, and about ... - much more spiritual book than *Medicine Woman* turned out to be. It just - yeah, it was interesting, how - how these things turn out unexpected,

Pleasance:

Totally! So, what were some of the things that you thought about, before, about publishing and writing books, that changed?

Maritta:

Well, I think - well, what I really learned is how easy - how much easier it is, if you have, firstly, a coach or help, and then it becomes quite simple. ... I'm not sure I would have been able to do that on my own, at home. Also, how to structure a book, and what I love about Angela's program is how you write a love letter to one - one person to help your reader - really help that one person, and by being ... specific, addressing one person, you're appealing to loads of people. And I noticed that, myself, trying to appeal to everybody - nobody feels ... to them. That's the one I think I really loved about Angela's program, was, it makes it - it's also a bit scary, because if you're writing a love letter to one person, you need to really open up and be quite authentic and really allow yourself to be vulnerable, which I don't think I would have had the courage to do without Angela.

Pleasance:

And so, what did she do to help you? ... how did she help you in that process?

Maritta:

Well, I guess what helped me the most is, we had a - a week-by-week, step-by-step program to follow, so I wasn't thinking about publishing when I wrote the book. ... I was just following the steps. All I had to do - I didn't have to ... in my mind, I knew what the next thing was that I had to do, and I just did that. And that was really helpful for me, because if I think I'd thought about, "Oh, my God, I'm actually gonna publish this book," I think it would have been quite scary, and I'm not sure I would have been able to write in the same way as the way I did, just doing - ... I could write an introduction, yeah, I can do that. I can do chapter outline, ... that's not publishing. It's just doing that one thing. And - and ... said, the whole thing came together and assembled, and - and that - I think that was really, for me, the most helpful thing.

Pleasance:

So - yeah, totally, I think it's - it's funny how following the process works so well, and our ego and - we wanna fight it, and ... it just doesn't seem that it can ... be in that flow, ... she's just been - she's very brilliant at how it's set up and how to have everyone be so successful,

Maritta:

Who knew? It's extraordinary.

Pleasance:

Tell me a little bit about your - your experience in the cohort, so, you've decided to do it, and you're now going through the process. What kind of other support or experiences did you have with the other authors, or on the live calls, or tell me a little about your experience in the program.

Maritta:

Yes. Well, I - I love the cohort, is what ... extraordinary. ... regardless of - so many different topics, people were writing about, but everybody had this same passion, of wanting to help and transform people's lives, empower people, and with all these different - different areas, there was - everybody was just amazing and extraordinary. And ... even ... - it's been awhile, now, since my book was published, last year, but I'm still in touch with the same people, and having regular calls with some of my friends I made from there. So inspiring, how everybody's really ... - it's like a community of like-minded people, and I found ... that support, also, incredibly helpful. It still, to this day - to this day, ... inspiring to see how people - ... it's not easy, than building a business and that. I find it more challenging than having - ... writing the book. But just seeing how everybody faces challenges and then is able to - to work through them, and sometimes, it takes longer, some things are easier, but ultimately, everybody ... support, is - is able to really progress with their aims and goals and with their business.

Pleasance:

Yes, absolutely. And especially, from that support with one another, I think, is so powerful.

Maritta:

Really powerful.

Pleasance:

Did you - did you, or any of the people in your cohort, experience writer's block?

Maritta:

I had a bit of it. I - I think some people had writer's block, yes, absolutely. What I found really helpful with that was how Angela has been a scale, this Author Feeling State, how to i - identify you - whether you are ... in the right space, in the right place, to write in the first place, and if ... - if you're really feeling really quite low, then not even to bother writing at all, because it's not gonna be productive. And if I had writer's block, I just had to step away ... and do something nourishing for myself. And that's ... - that's all I had to do. And what ... of writer's block is having the structure ... in place. ... just really having that outline, and it just made it so easy, 'cause I knew exactly - I had my chapter outline, exactly what was gonna be in every chapter, and it was just filling out the blanks, and because it was so structured, for me, personally, I really didn't have a lot of - and then, the tools she gave me wa - ... was quite easy, then, to work through it.

Pleasance:

Yeah. I think that - that's so true, and, again, going back to having the group and not being alone, when you do hit something that feels isolating and scary and gives you anxieties, you're ... "Oh! Other people have this, too, ... other people have this, lemme take a break, let me take a walk, let me go clean something," That's all part of the writing process, right? What were your - do you have any weird ... things that you did to avoid writing?

Maritta:

Oh, yeah, cleaning! ... cleaning is such a good one. My desk had to be so tidy, it's never tidy! I don't know, I can't write, so my desk is tidy, which was really quite funny. But it's - I think it's the group, and especially the group calls, because you're never alone, no matter what you go through, somebody else will go through something similar at the same time. And that is - ... just knowing, well, ... people have that problem and they're able to overcome it, and so can I, ..., I'm no different to anybody else. And that is really helpful.

Pleasance:

Well, I think, even having these conversations, ... I - I just - when I talk about the writing process, or being an author, or going through the process, .. the thing that - ... that really comes through is that we're all capable within the structure, that the structure really brings out your brilliance. ... it really brings out your gift, and that's, again, something that I think is super unique, because I know - ... share with me your experience on this, but there were times when I wanted to stop because I was so afraid of putting myself out there, or having this book in the world, and probably, again, left to my own devices, would have just put it in a drawer and walked away. And ... Angela's always saying, ..., "That is not of service. That is not of service. That is not of service." So,

Maritta:

Yes. Yeah. Oh, I do entirely - I think I would have done the same thing. I think - as a person, I'm very disciplined, ... and I can sit down and I can do ... - I'm sure the book I started, I'm sure I would have finished it, but I would have never published it. And I'm certain of that, I would not have published it, for all of those reasons. ... I would have been - and it was, even with all the support, it was so scary, to think, "Oh, my God, I'm gonna be -" ... "My book's gonna be out there, and people are actually gonna read it," and .. that's quite a - for me, ... that was quite a scary process to go through, and yes, I don't think I would have done that, on my own.

Pleasance:

So - because you get to get ... of it, right? We get in the way of our work when it gets scary, and so, having the group, having the structure and having the accountability is what ... is so potent and powerful. And, especially, if you go back I...?

Maritta:

Yes. Yeah. Yeah, -

Pleasance:

Because we're normal people. We're normal people! ... we're average people, ... anyone can do it, is my point.

Maritta:

Yeah, that's right. I agree entirely. It's ... - everybody can do it, if - if you re - if you really want to, and you feel - ... if you feel you have it in you, you can, with the right support. I agree entirely. And it's the group, I think, the group is - is probably the most powerful part. The program, of course, ... it all comes together beautifully.

Pleasance:

Okay. So, what - now, we are on the other side, the book is out, it's in the world. What is the best thing to have come from having your own book?

Maritta:

I think, the - the courage that I had to ... gather up in myself to - to do that has really enabled me to follow my dream. So, that's what I'm - I'm doing now, even though - ... initially, I thought, "Oh, this is gonna be a real problem," the fact that I - I had chosen not to work with doctors to know what my book is about, but with something else, but the courage to go and do that, because I - I've - could do that and I can do the other thing as well. So, that's ... the most important thing, having come out of this. So, what I'm doing now is, I'm opening my own clinic, my own practice of holistic health, coaching people on - ... on all - on levels, the physical, emotional, mental and spiritual level, ... towards health. And - ... and it's enabled me and empowered me to do that. So, yeah, I'm feeling really excited about that.

Pleasance:

So, you used the book to catapult the new business, would you say that?

Maritta:

Yes! Yeah, I think - I think, being a published author, and because I can get most - ... I don't know how many best selling books in the ... there are now. I can't remember what - ... hundreds, I think, I'm not sure. But yeah, I think, to be able to say, ... "I'm an international best selling author," gives you so much credibility and so much authority, in a way. Yes! I think it's incredibly important, and a powerful thing to have done, even though this is not what I'm actually gonna be doing. ... the topic is different. But being a best selling author, ... really extraordinary, and I still - ... months, and I still can't quite say it without thinking, "Really? It's not true!" And yes, it is, and it's extraordinary.

Pleasance:

So cool. And then, on the other - and also, what kind of advice would you give someone who really wants to write a book?

Maritta:

I think the advice I would give is to really make a decision, ... and I think there's no right or wrong, it's an individual choice. If somebody really wants to write a book, and - and has made the decision to do that, I think you need - ... is to commit and find a way, a program or a system or something that's system-based and go for it.

Pleasance:

Oh, awesome. I love that so much. So, is there anything else you wanna share about your journey or the experience or anything that you learned that feels like it would help someone who was thinking about the program or thinking about hiring a coach or - I guess, one of the things that I'm always curious about are ... the mental blocks or the fears that people have around signing up for a program or getting help with it? So, is there anything you would say to people who are experiencing some of that?

Maritta:

... this is a big step, and I - ... and signing up for that, it was - ... yeah, I can relate to that. It's really deciding - as I say, it's their decision - is deciding ... "How do I want to show up in the world? Do I want to do that?" And - and if - if you really do, then it - it takes commitment and it takes investment, and ... with a coach - I think a coach is, for me, personally, is so incredibly helpful. Is - yeah, is just going for it. Is ... that for ... really wants. ... I - no, sure, I think Angela gives these statistics, how many people want to write a book, and - and how many actually do, and it's - it's - it's ... course, the percentage is just minimal. Hardly anybody actually - and the few people - the few percent, I think, of the people who want to write a book who do, over those, and even more ... percentage than actually publish it. So, to do it on your own is - the statistics say it - it's not impossible, but the odds are stacked against you. So, if you really want it, ... then finding a program that has proven itself, I think, is the most important thing, ... to look ... who comes out of that, is - is that what I want, it's ... - was it worth it for me and to my life? And ... if that's the case, then you just need to go for it. That would be my advice, ... to look at the outcome of the people who went through it, and to then decide, "Is this what I want for myself?" And like you said, we're all normal people. There was not anybody there who wasn't plagued by the same doubts, who had the same blocks or the same fears, but we all managed to - to do it.

Pleasance:

So wonderful. Yes,

Maritta:

We all managed to do it, There's one person who didn't finish. We all - ... we all completed our books. We all turned up for the weekend. It was an amazing, amazing time and the other thing I really loved, it was just all the memories I have created. It was just extraordinary to be there and experience that, coming to the Author Castle and being in the company of these people ... who all achieved so much and have such ambition and - and drive, and just really wanted to serve, and that is - ... it's a special, special thing. It was beautiful.

Pleasance:

That's so lovely. Thank you so much. So, to wrap up, or to close, why don't you tell us a little bit about what you're doing now, where people can find you and what kind of people you're working with now.

Maritta:

Well, I'm now - I'm gon - I'm focused on people who've just been diagnosed with Type II diabetes. I'm working with them to resolve that without medication. So, that's what I'm doing now. And it's really - mainly about diet, it's about lifestyle, it's empowering ... - it's about knowledge. So much, we hear, in - ... in the news, marketing and the food industry, about what the right food is and ... what ... have been able to become healthy. It is just no - it is just wrong. ... the food manufacturing industry mainly focuses on their profit rather than people's health. So - and so, I want to - I'm working with these people to empower them to take control of their health and beat this disease, because diabetes - especially Part II diabetes, that's what I'm working with, rather than the ... - genetic, Type I patients - ... it can be resolved. ... there's no need ... to be stuck on medication for the rest of your life. It can be resolved. Or generally, with people who want to improve their health. There's so many things we can do now, ... with diet and nutrition, supplementation, mindset, the psychology, ... working with our emotions, the mind, the source, all of that, bringing it all together holistically, so that's what I do now, I'm really excited about that.

Pleasance:

Do you work with

Maritta:

Sorry, are you - a - didn't hear you there, you broke off. "Do I work with?"

Pleasance:

Online as well, or just in person, in Scotland?

Maritta:

Yes, well, both. People come in - in ... but it's also online.

Pleasance:

... people who are listening - great.

Maritta:

Yes. No, there's no need to be ...

Pleasance:

And where can they find you? Where's the information?

Maritta:

Well, the information is not online, yet. The best thing is to e-mail me directly at maritta.philps@gmail.com. I do have a website, which is marittaphilp.com, but that's about my book, but the - my contact details are on there, as well, so people can contact me that way.

Pleasance:

Okay. And those links are on the podcast page, so people will be able to find it from there.

Maritta:

Yes. Yes. And there is another website, which is belmartherapy.com, which is - I also do Rapid Transformational Therapy, which is hypnotherapy, which is a form of ... hypnotherapy, which is also the most incredible tool for - to allow people to overcome past trauma and ... health issues as well. So, that's the most extraordinary - it's all part of my program, so, I work ... with the diet, but I do hypnosis as well, so it's very holistic.

Pleasance:

Wonderful! I love that. I actually had an RTT session yesterday, so I know exactly what it is.

Maritta:

Yes! I know! It's extraordinary, isn't it? It's

Pleasance:

Yes, it's very powerful. Awesome! Well, it was so awesome to chat with you, I wish you the best of luck in all of your adventures and in helping and in wellness, and I'm really grateful that we have this chance to talk! So, keep up the great work!

Maritta:

Yes. Thank you so much, I - I loved talking to you, it's my pleasure, thank you.

Pleasance:

Yay, great! Take care of yourself. Have a great afternoon.

Maritta:

Thank you! And you! 'By - 'bye! 'Bye

Pleasance:

'Bye! Thank you! 'Bye.