"Composition is a discipline; it forces us to think.

If you want to 'get in touch with your feelings,' fine — talk to yourself; we all do.

But, if you want to communicate with another thinking human being, get in touch with your thoughts.

Put them in order; give them a purpose; use them to persuade, to instruct, to discover, to seduce. **The secret way to do this is to**

write it down and then cut out the confusing parts."

-William Safire