

WHO THIS IS FOR

You work nights. You write on break, not on a weekend retreat.

This sample shows a six-chapter outline that stays editable before any chapter is written. Handoff notes, the 03:00 lull, and the walk to the car stay three separate beats so the paid file matches this version.

Keep names and ward details fictional. Mark any clinical claim for later verification. Nothing here claims a ranking, a royalty, or KDP acceptance. The live writer uses the same gate: approve structure, then the chapter exists.

THE TWELVE-HOUR SPLIT

The first third is intake. The middle is the quiet hour. The last third is the walk-out. Nothing here claims a specific income, ranking, or KDP acceptance.

Write the handoff as a checklist. Leave a blank line for the next nurse. The release still matches this outline.

WHAT YOU MUST NOT INVENT

No drug doses, no real patient names, no hospital logos. The draft marks claims you must verify before you publish.

A SAMPLE CHAPTER BEAT

Open on the locker room light. Keep each night to one scene. Leave space for the reader's own shift so the paid release still matches this version.

WHAT YOU DOWNLOAD LATER

The \$39 pass is for this exact title after you approve the outline and preview. Amazon still decides whether the file is accepted.

DISCLOSURE

This interior is a ShipMyBook-written fixture used to demonstrate flipping a cover and first pages. It is not a customer manuscript.

NEXT STEP

Type your own sentence in the hero. Approve the outline. Pay only if you want the release files for that book.