



Seo Analyzer baneofyourresistance.com

Generated on April 03 2022 10:31 AM

The score is 43/100



SEO Content

Title

Bane of Your Resistance | A place to share insight and information about the many forms of writer’s resistance (writer’s block, procrastination, distractions, looking for answers in the fridge, keeping yourself too busy to write, etc.) so you can stop resisting and start really enjoying your writing.

Length : 301

Ideally, your title should contain between 10 and 70 characters (spaces included). Use [this free tool](#) to calculate text length.

Description

Length : 0

Very bad. We haven't found meta description on your page. Use [this free online meta tags generator](#) to create description.

Keywords


Very bad. We haven't found meta keywords on your page. Use [this free online meta tags generator](#) to create keywords.

Og Meta Properties





Good, your page take advantage of Og Properties.

Property	Content
type	website
title	Bane of Your Resistance
description	A place to share insight and information about the many forms of writer’s resistance (writer’s block, procrastination, distractions, looking for answers in the fridge, keeping yourself too busy to ...
url	https://baneofyourresistance.com/
site_name	Bane of Your Resistance





SEO Content

		<div>image</div> <div>https://baneofyourresistance.files.wordpress.com/2020/04/cropped-roseannebane_brain_rgb-03-e1472155993103.jpg?w=200</div> <div>image:width</div> <div>200</div> <div>image:height</div> <div>200</div> <div>locale</div> <div>en_US</div>	
	Headings	<div> <div>H1</div> <div>0</div> </div> <div> <div>H2</div> <div>13</div> </div> <div> <div>H3</div> <div>21</div> </div> <div> <div>H4</div> <div>0</div> </div> <div> <div>H5</div> <div>0</div> </div> <div> <div>H6</div> <div>0</div> </div> <ul style="list-style-type: none"> • [H2] Featured News Posts • [H2] Writing Failure Lesson #2: Feel it Fully • [H2] Writing Failure Lesson #1: Don't! • [H2] Why Publishing My Novel Is Not a New Year's Resolution • [H2] Writers Who Don't Track History Are Doomed... • [H2] Fact-Track Your Writing: Tricks of Tracking #4 • [H2] Track Your Way Out of Writer's Block: Tricks of Tracking #3 • [H2] Tricks of Tracking: KISS • [H2] Tricks of Tracking: #1 Track the Right Stuff • [H2] The One Thing Writers Must Do Every Day — It's Not What You Think • [H2] Regular Writing Isn't Enough — You Need to KNOW You're Making Progress • [H2] • [H2] • [H3] Find Us Online: • [H3] Don't Be Scared! • [H3] Remember When Writing Was.. • [H3] The Great Truth Every Writer Needs to Know • [H3] Halfway through the Dark • [H3] Reduce Writing Commitments to Keep Your Holidays Resistance-free • [H3] Writer's Self-care In the Time of Pandemic: Reserve Your Creative Time for What Only You Can Do • [H3] Writing in the Time of Pandemic: Surprising Good News! This Is the Time to Make Your Writing Stronger than Ever! • [H3] Writing in the Time of Pandemic: Writer's Tidbits - Because We're All Snacking More • [H3] Writing in the Time of Pandemic: What's Kindness Got to Do with It? • [H3] Writing in the Time of Pandemic • [H3] Recent News • [H3] Email Subscription • [H3] Contact Rosanne • [H3] Recent Posts • [H3] Categories • [H3] Blogroll • [H3] Links • [H3] Archives • [H3] Spam Blocked • [H3] 	

SEO Content

	Images	We found 30 images on this web page. 21 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.
	Text/HTML Ratio	Ratio : 5% This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.
	Flash	Perfect, no Flash content has been detected on this page.
	Iframe	Great, there are no Iframes detected on this page.

SEO Links

	URL Rewrite	Good. Your links looks friendly!
	Underscores in the URLs	We have detected underscores in your URLs. You should rather use hyphens to optimize your SEO.
	In-page links	We found a total of 222 links including 0 link(s) to files
	Statistics	External Links : noFollow 0.45% External Links : Passing Juice 9.46% Internal Links 90.09%

In-page links

Anchor	Type	Juice
Around the Writer&#8217;s&nbsp;Block	Internal	Passing Juice
Events	Internal	Passing Juice
Guest Post Guidelines	Internal	Passing Juice
Brain Science for&nbsp;NaNoWriMo	Internal	Passing Juice

In-page links

Three Habits	Internal	Passing Juice
RWA 2018	Internal	Passing Juice
Around the Writer's Block Forms	Internal	Passing Juice
AWB Media	Internal	Passing Juice
About this Blog	Internal	Passing Juice
About Rosanne	Internal	Passing Juice
Recommended Reading	Internal	Passing Juice
Enter the Flow Students	Internal	Passing Juice
Home	External	Passing Juice
Don't Be Scared!	Internal	Passing Juice
rosannebane	Internal	Passing Juice
Remember When Writing Was..	Internal	Passing Juice
The Great Truth Every Writer Needs to Know	Internal	Passing Juice
Halfway through the Dark	Internal	Passing Juice
Reduce Writing Commitments to Keep Your Holidays Resistance-free	Internal	Passing Juice
Writer's Self-care In the Time of Pandemic: Reserve Your Creative Time for What Only You Can Do	Internal	Passing Juice
Writing in the Time of Pandemic: Surprising Good News! This Is the Time to Make Your Writing Stronger than Ever!	Internal	Passing Juice
Writing in the Time of Pandemic: Writer's Tidbits - Because We're All Snacking More	Internal	Passing Juice
Writing in the Time of Pandemic: What's Kindness Got to Do with It?	Internal	Passing Juice
Writing in the Time of Pandemic	Internal	Passing Juice
Next	Internal	Passing Juice
Writing Failure Lesson #2: Feel it Fully	Internal	Passing Juice
Overcoming Resistance	Internal	Passing Juice
Writing Life	Internal	Passing Juice
Leave a Comment	Internal	Passing Juice
Writing Failure Lesson #1: Don't!	Internal	Passing Juice

In-page links

8 Comments	Internal	Passing Juice
Why Publishing My Novel Is Not a New Year's Resolution	Internal	Passing Juice
4 Comments	Internal	Passing Juice
Writers Who Don't Track History Are Doomed...	Internal	Passing Juice
New Book Update	Internal	Passing Juice
3 Comments	Internal	Passing Juice
Fact-Track Your Writing: Tricks of Tracking #4	Internal	Passing Juice
Recommended Practices (Proces Self-Care and Product Time)	Internal	Passing Juice
2 Comments	Internal	Passing Juice
Track Your Way Out of Writer's Block: Tricks of Tracking #3	Internal	Passing Juice
3 Comments	Internal	Passing Juice
Tricks of Tracking: KISS	Internal	Passing Juice
1 Comment	Internal	Passing Juice
Tricks of Tracking: #1 Track the Right Stuff	Internal	Passing Juice
10 Comments	Internal	Passing Juice
The One Thing Writers Must Do Every Day & It's Not What You Think	Internal	Passing Juice
4 Comments	Internal	Passing Juice
Regular Writing Isn't Enough & You Need to KNOW You're Making Progress	Internal	Passing Juice
2 Comments	Internal	Passing Juice
Follow Bane of Your Resistance on WordPress.com	Internal	Passing Juice
=	External	Passing Juice
Announcements	Internal	Passing Juice
Common Forms of Resistance	Internal	Passing Juice
Contest and Giveaways	Internal	Passing Juice
Creative Flow	Internal	Passing Juice
Creative Process	Internal	Passing Juice

In-page links

General	Internal	Passing Juice
Guest Posts	Internal	Passing Juice
Neurology of Resistance	Internal	Passing Juice
Psychology of Resistance	Internal	Passing Juice
Recognition and Rewards	Internal	Passing Juice
Relaxation	Internal	Passing Juice
Uncategorized	Internal	Passing Juice
BrainBlog	External	Passing Juice
Hazel and Wren	External	Passing Juice
Someday Box	External	Passing Juice
The Loft's blog: Writer's Block	External	Passing Juice
Victoria Mixon, Editor	External	Passing Juice
Wise Ink	External	Passing Juice
Write to Done	External	Passing Juice
Writing Road Trip: for adults helping kids write better	External	Passing Juice
1. Rosanne's website	External	Passing Juice
2. Loft Literary Center	External	Passing Juice
3. TED Talks	External	Passing Juice
Dana Foundation's Brain Research	External	Passing Juice
Elizabeth Gilbert's thoughts on writing	External	Passing Juice
Scott Edelstein's Helping Writers	External	Passing Juice
October 2021	Internal	Passing Juice
September 2021	Internal	Passing Juice
April 2021	Internal	Passing Juice
December 2020	Internal	Passing Juice
November 2020	Internal	Passing Juice
September 2020	Internal	Passing Juice
May 2020	Internal	Passing Juice

In-page links

April 2020	Internal	Passing Juice
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In-page links

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In-page links

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January 2013	Internal	Passing Juice

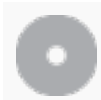
In-page links

December 2012	Internal	Passing Juice
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In-page links

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July 2009	Internal	Passing Juice
June 2009	Internal	Passing Juice
May 2009	Internal	Passing Juice
April 2009	Internal	Passing Juice
RSS - Posts	Internal	Passing Juice
RSS - Comments	Internal	Passing Juice
Bane of Your Resistance	Internal	Passing Juice
Blog at WordPress.com.	External	noFollow
Log in now.	External	Passing Juice
Sign up	External	Passing Juice
Report this content	External	Passing Juice
View site in Reader	External	Passing Juice
Manage subscriptions	External	Passing Juice

SEO Keywords



Keywords Cloud

life **writing** posted continue writers time
rosannebane reading resistance write

Keywords Consistency

Keyword	Content	Title	Keywords	Descripti on	Headings
writing	16	✓	✗	✗	✓
rosannebane	10	✗	✗	✗	✗
writers	9	✗	✗	✗	✓
resistance	7	✓	✗	✗	✓
reading	6	✗	✗	✗	✗










Usability

	Url	Domain : baneofyourresistance.com Length : 24
	Favicon	Great, your website has a favicon.
	Printability	We could not find a Print-Friendly CSS.
	Language	Good. Your declared language is en.
	Dublin Core	This page does not take advantage of Dublin Core.





Document

	Doctype	XHTML 1.0 Transitional
	Encoding	Perfect. Your declared charset is UTF-8.




Document

	W3C Validity	Errors : 15 Warnings : 23
	Email Privacy	Warning! At least one email address has been found in the plain text. Use free antispam protector to hide email from spammers.
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	<div> Excellent, your website doesn't use nested tables.</div> <div> Too bad, your website is using inline styles.</div> <div> Too bad, your website has too many CSS files (more than 4).</div> <div> Too bad, your website has too many JS files (more than 6).</div> <div> Perfect, your website takes advantage of gzip.</div>

Mobile

	Mobile Optimization	<div> Apple Icon</div> <div> Meta Viewport Tag</div> <div> Flash content</div>
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Optimization

	XML Sitemap	Great, your website has an XML sitemap. <div>http://baneofyourresistance.com/sitemap.xml https://baneofyourresistance.com/sitemap.xml https://baneofyourresistance.com/news-sitemap.xml</div>
	Robots.txt	http://baneofyourresistance.com/robots.txt Great, your website has a robots.txt file.
	Analytics	Missing We didn't detect an analytics tool installed on this website. Web analytics let you measure visitor activity on your website. You

Optimization

should have at least one analytics tool installed, but It can also be good to install a second in order to cross-check the data.