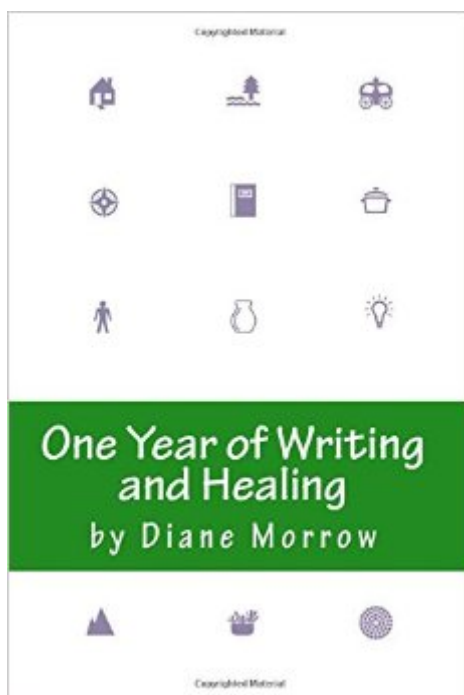


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# One Year Of Writing And Healing: Writing To Transform The Experience Of Illness, Grief, And Other Trouble



## Synopsis

If you've experienced loss . . . or are dealing with grief . . . if you've been diagnosed with a life-altering illness . . . or if you're simply facing ordinary trouble . . . if you've ever kept a journal . . . or thought about doing so . . . or if you want to help others do this . . . then *One Year of Writing and Healing* offers a roadmap. It outlines a cohesive, gradual, month-by-month method for growing the habit of writing for the purpose of healing. Diane Morrow, a former physician and now a high school English teacher, draws on her work with patients, her work with men and women in recovery from addiction, and her work with students, as well as drawing on a wide range of poetry and research, to guide readers step by step to tap into the power of writing to transform experiences of illness, grief, and ordinary trouble. You can learn more about the book and read a sample first chapter at [writingandhealing.org](http://writingandhealing.org). All profits from book sales in the first year will go to Write Around Portland, a non-profit organization in Portland, Oregon whose mission is to change lives through the power of writing.

## Book Information

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## Customer Reviews

Reading this book feels like attending a writer's workshop, where you end up creating pieces you never knew that you could. It also feels like drinking coffee with your best friend, or listening to a great story. At times, it can feel like looking into a crystal ball, where you divine the past and future. But most of all, it feels like an epic quest, where you uncover pieces of yourself that you forgot about and can now recognize their healing merits. Seriously, this book is a charging-station for our writers' batteries. But, it's also not just for avowed "writers" - but for anyone who is willing to use the art of

writing in their healing journey. So this book is for anyone who writes, or wants to. If you're a habitual writer, a person who used to write but took a break for a long time, or someone who never thought about writing but wants to try it, you will enjoy and make use of this book. It's not an instruction manual. It's not a book of theories or suggestions. One Year of Writing and Healing, truly, is an experience. An experience that informs and enlightens your own experiences. That's the magic of this book. It contains an entire healing journey for the whole year. Structured enough to give you an idea of what to do, but fluid enough to allow your room for your story and applications for your own life, it teaches guidelines without being restrictive. You can read what's in this book and make anything out of it. And you'll want to! I felt motivated to write something in the very first chapter. I also liked that it's a nice, thick, book. You won't be underwhelmed since there is definitely enough material here to form a foundation for your writing practice.

I've just finished Diane Morrow's One Year of Writing and Healing: Writing to Transform the Experience of Illness, Grief and Other Trouble, a treasure trove of resources for anyone interested in beginning or deepening a healing writing practice. Dr. Morrow begins her book with an invitation: to take one year of your life and write with the express purpose of transforming difficult experiences into something more bearable. Her tone throughout is one of friendly invitation. What she offers comes from her own experience as a writer, a medical doctor, a counselor in mind-body training and a teacher. And as any good teacher would, she grounds the practice she offers in both time and space. Take a year, she says, to try these things, and moreover, I am going to walk you through each month, guiding you and building a solid foundation. In a low-key conversational tone, she creates a focus for each month, with chapters addressing each of the following: Creating a Healing Place, Consider Healing as a Story, Drawing a Map, Developing the Habit of Writing, Listening to the Voice of the Body, Making a Place for Grief, Figuring Out the Good Part, Gathering Resources for the Long Haul, and Creating a Guest House. Each of these chapters draw not only from her own experience and that of her patients and students, but also from an extensive knowledge of the literatures of both healing and writing, including excerpts and references to such seminal thinkers in their fields as Arthur Frank, Clarissa Pinkola Estes, Pema Chodron and Peter Elbow. However, she wears such learning lightly, incorporating it into her book in an approachable way. Each chapter also offers exercises or prompts, all of which grow organically out of her own or others' lived experiences.

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