

BIO NOTE

Diana Raab, PhD
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Diana Raab, PhD, MFA, is an award-winner writer, speaker, and educator. She is the author of nine books including, *Lust, Regina's Closet: Finding My Grandmother's Secret Journal*, and *Healing With Words: A Writer's Cancer Journey*, and holds writing workshops around the country. Originally from New York, Dr. Raab now lives in Santa Barbara where she practices daily meditation. More at www.dianaraab.com

In her 40-year career, she's been as an advocate of personal writing. Dr. Raab facilitates workshops in writing for transformation and empowerment, focusing on journaling, poetry, and memoir writing. She believes in the importance of writing to achieve wholeness and interconnectedness, which encourages the ability to unleash the true voice of your inner self.

Dr. Raab serves on the board of *Poets & Writers* (Magazine Committee), and Beyond Baroque Literary Arts Center in Santa Monica, California. She is also a Trustee at the University of California, Santa Barbara.

Raab blogs for numerous blogs, including: *Psychology Today*, *Huffington Post*, *Elephant Journal*, *Global Thrive*, and *PsychAlive*. She lives in Southern California.

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