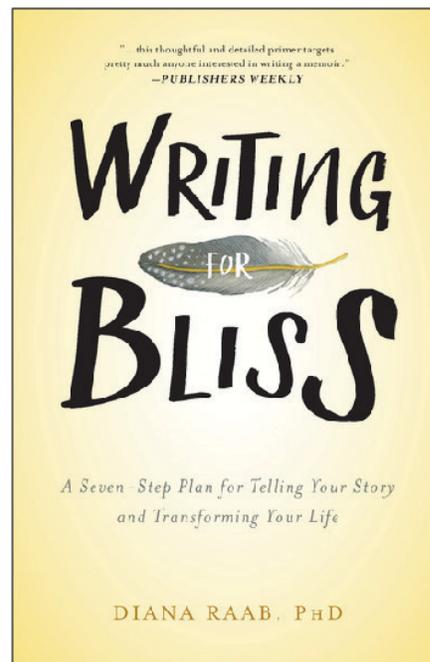


## Writing for Bliss: A Seven-Step Plan for Telling Your Story and Transforming Your Life

**Publisher:** Loving Healing Press  
**Author:** Diana Raab, PhD  
**Foreword:** Mark Freeman  
**ISBN-13:** PB 978-1-61599-323-9 / HC 978-1-61599-324-6 / eBook 978-1-61599-325-3  
**List Price:** PB \$ 21.95 / HC \$ 34.95 / eBook \$ 6.95  
**Trim:** 5.5 x 8.5 (240 pp)  
**Audience:** General Adult  
**Pub Date:** 09/01/2017  
**BISAC:** SELF-HELP/Journaling  
LANGUAGE ARTS & DISCIPLINES/Composition & Creative Writing

**Synopsis:** *Writing for Bliss* is most fundamentally about reflection, truth, and freedom. With techniques and prompts for both the seasoned and novice writer, it will lead you to

- tap into your creativity through storytelling and poetry,
- examine how life-changing experiences can inspire writing,
- pursue self-examination and self-discovery through the written word, and,
- understand how published writers have been transformed by writing.



"Poet and memoirist Raab (Lust) credits her lifelong love of writing and its therapeutic effects with inspiring her to write this thoughtful and detailed primer that targets pretty much anyone interested in writing a memoir. Most compelling here is Raab's willingness to share her intimate stories (e.g., the loss of a relative, ongoing struggles with cancer, a difficult relationship with her mother). Her revelations are encouraging to writers who feel they need "permission to take... a voyage of self-discovery." The book's seven-step plan includes plenty of guidance, including on learning to "read like a writer," and on addressing readers as if "seated across the table." Raab covers big topics such as the "art and power of storytelling" and small details such as choosing pens and notebooks that you enjoy using. She also helps readers with the important step of "finding your form."

—PUBLISHERS WEEKLY

"*Writing for Bliss* is about the profound ways in which we may be transformed in and through the act of writing. I am grateful to Diana Raab for sharing it, and I trust that you will feel the same as you read on. May you savor the journey."

—from the foreword by MARK FREEMAN, PhD

"By listening to ourselves and being aware of what we are saying and feeling, the true story of our life's past experience is revealed. Diana Raab's book gives us the insights by which we can achieve this through her life-coaching wisdom and our writing."

—BERNIE SIEGEL, MD, author of *The Art of Healing*

"Only a talented writer who has fought hard to overcome life's many obstacles could take her readers by the hand and lead them through the writing process with such enormous compassion, amazing insight, and kindness. Diana Raab is a powerful, wise, intelligent guide well worth our following."

—JAMES BROWN, author of *The Los Angeles Diaries* and *The River*

"*Writing for Bliss* is far more than a 'how-to manual'; it enlightens the creative process with wisdom and a delightful sense of adventure. Bravo to Bliss!"

—LINDA GRAY SEXTON, author of *Searching for Mercy Street: My Journey Back to My Mother, Anne Sexton*

"Uniquely blending inspiring insights with practical advice, Diana guides you on a path to discover the story that is truly inside you and yearning to be told."

—PATRICK SWEENEY, coauthor of the New York Times bestseller *Succeed on Your Own Terms*

DIANA RAAB, MFA, PhD, is an award-winning memoirist, poet, blogger, workshop facilitator, speaker, and survivor. She's the author of eight books and over one thousand articles and poems. She lives in Southern California. Learn more at [www.DianaRaab.com](http://www.DianaRaab.com)

Loving Healing Press  
5145 Pontiac Trail  
Ann Arbor, MI 48105-9627

Please contact  
[info@LHPress.com](mailto:info@LHPress.com)  
[www.LHPress.com](http://www.LHPress.com)

Toll-free USA/Canada: (888) 761-6268  
Elsewhere: (734) 417-4266  
Fax: +1 (734) 663-6861