

EXCERPT FROM

WRITING FOR BLISS

A Seven-Step Plan for Telling Your Story and Transforming Your Life

by **DIANA RAAB, PhD**

Transpersonal psychology accentuates various ways of healing, and writing is considered a transpersonal practice in that it encourages self-expression and self-discovery; it helps you identify your strengths and weaknesses and how you can achieve your potential and lead a happier life. By documenting the story of your life, you have the chance to relive, examine, and reconstruct your lived experiences in a way that can be empowering. By working through your life, you are able to draw a certain amount of energy from what you have been through, reconcile yourself with your experiences, and then move forward.

Hopefully, when you have made the decision to engage in personal writing, you've given yourself permission to take yourself on a voyage of self-discovery. This entails reviewing your life with a child's curiosity, awe, and simplicity. In so doing, there is a good chance that significant revelations will begin emerging from your subconscious mind. Writing with the magic mind-set of a child can be a fun and poignant way to write, and to unleash deep, dark, and surprising secrets.

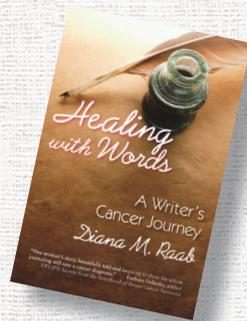
The art of writing for change is about setting out on a journey. Imagine yourself packing to visit a new land—one you've never visited before or one you have not visited in a long time. Be alert and mindful of the details of your landscape. Document them in your journal or on your computer. Don't worry about the direction of your musings; for the moment, simply accumulate them. You can decide later whether your writing will be for you alone, for posterity, or for public sharing.

OTHER LOVING HEALING PRESS BOOKS BY DIANA RAAB, PhD

Healing with Words:

A Writer's Cancer Journey

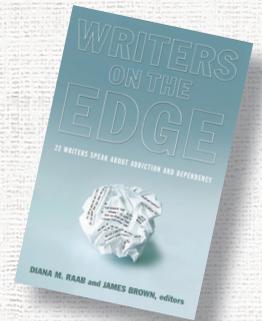
Healing with Words: A Writer's Cancer Journey is a compassionate and wry self-help memoir written by an award-winning prolific author, nurse, and poet, who at the age of forty-seven found her life shattered first by a DCIS (early breast cancer) diagnosis and five years later by another, seemingly unrelated and incurable cancer—multiple myeloma. The book includes the author's experiences, reflections, poetry, and journal entries, in addition to writing prompts for readers to express their own personal story. Raab's journals have provided a safe haven and platform to validate and express her feelings. She views journaling to be like a daily vitamin—in that it heals, detoxifies and is essential for optimal health.



Writers on the Edge:

*22 Writers Speak about
Addiction and Dependency*

Writers on the Edge offers a range of essays, memoirs and poetry written by major contemporary authors who bring fresh insight into the dark world of addiction—from drugs and alcohol, to sex, gambling, and food. Editors Diana M. Raab and James Brown have assembled an array of talented and courageous writers who share their stories with heartbreaking honesty as they share their obsessions as well as the awe-inspiring power of hope and redemption.



PUBLISHER CONTACT:

Victor Volkman | Loving Healing Press | 5145 Pontiac Trail, Ann Arbor, MI 48105
Toll free: 888-761-6268 | Fax: 734-663-6861 | Email: victor@LHPress.com

WRITING FOR BLISS

A Seven-Step Plan for Telling Your Story and Transforming Your Life

Dr. Diana Raab's New Book Offers Techniques for Reflective Writing, and Self-Expression

Reflective writing and personal narrative can truly have healing and transformative powers. In her inspirational new book, *Writing for Bliss: A Seven-Step Plan for Telling Your Story and Transforming Your Life* (Loving Healing Press), Diana Raab, PhD offers practical steps for discovering and writing the story that is inside you and yearning to be told.

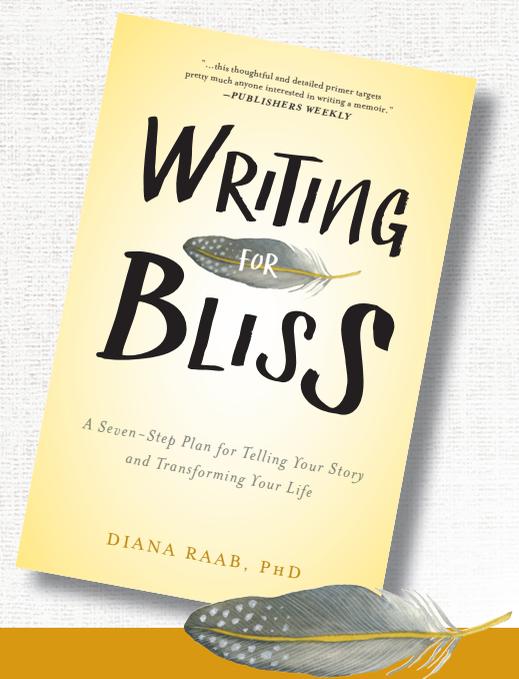
A valuable how-to guide for anyone interested in growth and personal transformation, *Writing for Bliss* explores the process of writing a compelling narrative about life-changing experiences. Suitable for emerging writers, seasoned writers, students, and academics, this book leads spiritual seekers down the path of self-discovery through writing prompts, tools for journaling, and embodied and reflective writing techniques, offering ways to find the best vehicle for profound self-expression.

Writing your story is a way to reclaim your voice, reveal a family secret, or simply share your story with others. Journaling is a cathartic and safe way to work through your feelings and direct your rage to the page.

With the help of this indispensable guide to therapeutic writing, you'll understand yourself better, learn to honor the good times, be able to deal with various challenges in your life, such as depression, anxiety, illness, loss of a loved one, job loss, early life trauma, addiction, and life transitions. Offering step-by-step hands-on exercises for journaling your thoughts, emotions, and memories, along with techniques to jump-start your writing, *Writing for Bliss* will help you use self-expression to transform your life in a meaningful way.

Writing for Bliss is available through local and online bookstores including Amazon, Powell's Books, and Blackwell (UK).

For more information, visit
WWW.DIANARAAB.COM



PUBLICITY CONTACT:

Carina Sammartino
Parallel 33 PR
carina@parallel33pr.com
760-331-3547

Title: *Writing For Bliss: A Seven-Step Plan for Telling Your Story and Transforming Your Life*

Author: Diana Raab, PhD

Publisher: Loving Healing Press

PUBLICATION INFO:

Publication Date: September 2017

Pages: 238

ISBN: 978-1-61599-323-9 paperback / 978-1-61599-324-6 hardcover /

978-1-61599-325-3 eBooks

Price: \$21.95 paperback / \$32.95 hardcover / \$6.95 eBook

Trim Size: 5.5 x 8.5 in

Category: LAN005000 -- Language Arts & Creative Writing / Body, Mind & Spirit

Distributors: INGRAM (USA/CAN/AU), Bertrams (UK), New Leaf (USA)



DIANA RAAB, MFA, PhD, is a memoirist, poet, essayist, blogger, educator and award-winning author. *Writing for Bliss: A Seven-Step Plan for Telling Your Story and Transforming Your Life* is her eighth book. In her 40-year career, she has written thousands of articles and poems, and is the editor of two anthologies, *Writers on the Edge* and *Writers and Their Notebooks*. Dr. Raab's two memoirs are *Regina's Closet: Finding My Grandmother's Secret Journal* and *Healing With Words: A Writer's Cancer Journey*. She holds national writing workshops on writing for bliss, and writing for healing and transformation. She blogs for *Psychology Today*, *Thrive Global*, *Huffington Post*, *PsychAlive* and many others. Dr. Raab lives in Southern California.

Praise & Endorsements

"*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

"...this thoughtful and detailed primer targets pretty much anyone interested in writing a memoir."

—**PUBLISHERS WEEKLY**

"Part writing guide, part memoir, and part love letter to the craft of writing, Diana Raab's *Writing for Bliss* is a caring and motivational guide. Raab's love of words and her belief in the power of story shine through."

—**FOREWORD REVIEWS**

"...for those who hope to use writing as a way to gain a deeper understanding of themselves, Raab offers a unique helpful approach. A worthy, practical guide for the aspiring memoirist."

—**KIRKUS REVIEWS**

WRITING  BLISS

Questions & Answers

by DIANA RAAB, PhD



When and how did you begin writing?

My passion for writing began at the age of ten when my mother gave me a Kahlil Gibran journal after my grandmother/caretaker committed suicide in my childhood home. Journaling was instrumental in helping me heal from my loss. Since then, my journal has been my confidant and best friend. I've used it to navigate difficult times, and it's also a place to store memories and creative ideas that later result in poems, essays, and books.

What inspired you to write this book?

Writing for Bliss is a culmination of my life's work. Ever since my mother gave me my first journal, I have used writing for healing—also the subject of my doctoral work—which focused on the transformative powers of writing a memoir. After getting my PhD, I continued my path of teaching writing-for-transformation workshops. Many participants told me that I inspired them to write, and asked if I would write a book they could use as a reference after the workshop ended.

How has your life story shaped your writing of nonfiction and poetry?

I have encountered many losses in my life, and since it has been said that survivors are very often seekers, my experiences compelled me to record my feelings and impressions. For me, writing is my spiritual

practice. It's my "go to" place during both good and bad times. My journal is my friend and confidant, helping me release whatever is bottled up inside of me. It is liberating for me, because by releasing my secrets and sentiments, I become free and have more control over my life.

What are some unexpected benefits of writing about one's life?

In addition to being a container for one's thoughts and a way to release tension, writing about feelings and experiences is an excellent way to find out what you don't know. In my research of writers who have written memoirs, many confessed that they began writing their memoirs for one reason, and during the writing process realized they were writing for a completely different reason. For example, one author wrote in order to figure out why his brother committed suicide, but by the time he'd made it to the end of his book, he realized that writing about his brother was a way to keep him alive.

Why is writing healing and transformative?

Writing is healing and transformative because it's a way to nurture yourself. Free-writing, in particular, which is writing without lifting your pen off the page, can be liberating and healing because you go wherever your mind takes you. If you share your writing, others can be transformed by your words, especially if your story resonates with them or they have navigated similar journeys. Ultimately, healing, transformation, and empowerment are all parts of the same path—leading to self-awareness, self-discovery, growth and, eventually, bliss.

WWW.DIANARAAB.COM

WRITING  BLISS