

BIO NOTE

Diana Raab, PhD
diana@dianaraab.com

Diana Raab, MFA, PhD, is an award-winner writer, poet, and speaker. She is the author of nine books including, *Writing for Bliss: A Seven-Step Plan for Telling Your Story and Transforming Your Life*, *Lust: Poems*, *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 Southern California. More at <http://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*.

WEBSITE: dianaraab.com

TWITTER: <https://twitter.com/dianaraab>

FACEBOOK AUTHOR PAGE: <https://www.facebook.com/DianaRaab.Author/>

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PSYCHOLOGY TODAY: <https://www.psychologytoday.com/blog/the-empowerment-diary>

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