



DAMPENED
CREATIVITY

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Once I took an anti-depressant
after they cut off my breast
and reconstructed a fake one,
but never again, thank you.

The little pill locked up my writing voice,
the one that heals me from all ails,
but creating a sentence became a task
of impossible extraction words, unlike before

when lyrics were my panacea when falling
into life's darkest alleys like finding out
I had breast cancer at forty-seven.

In solitude, I flushed those little yellow pills
down into my toilet,
and pulled out my journal from its desk drawer,
allowing my fountain pen to slide across my pages.

This simple gesture cured me then
and will forever shelter me from
those demons which want to continuously
slash our throats.

ABOUT THE AUTHOR

Diana Raab, PhD, MFA, is an award-winner memoirist, poet, speaker, and workshop facilitator. She is the author of nine books including, her latest, *Writing for Bliss: A Seven-Step Plan for Telling Your Story and Transforming Your Life*. Her two memoirs are: *Regina's Closet: Finding My Grandmother's Secret Journal* and *Healing With Words: A Writers Cancer Journey*. She's also editor of two anthologies, *Writers and Their Notebooks* and *Writers on the Edge*, and four poetry collections.

Diana Has been writing since an early age. As an only child of two immigrants, she spent a lot of time crafting letters and chronicling her life in her journal. 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.

Raab blogs for numerous blogs, including: *Psychology Today*, *Elephant Journal*, *Om Times*, and *Thrive Global*, and is a guest blogger for numerous other blogs. Visit her at dianaraab.com.