

Diana Raab, MFA, PhD, is a memoirist, poet, blogger, speaker, and award-winning author of thirteen books. Her work has been widely published and anthologized. She frequently speaks on writing for healing and transformation.

Raab blogs for *Psychology Today*, *The Wisdom Daily*, *The Good Men Project*, *Thrive Global*, and is a guest blogger for many others. She's the author of 13 books, including two memoirs: *Regina's Closet: Finding My Grandmother's Secret Journal* and *Healing with Words: A Writer's Cancer Journey*, and five poetry collections. She's editor of two anthologies: *Writers and Their Notebooks* and *Writers on the Edge*.

Her latest poetry book is [*An Imaginary Affair: Poems Whispered to Neruda*](#) (Finishing Line Press. 2022).

Many of her talks are based upon her book [*Writing for Bliss: A Seven-Step Plan for Telling Your Story and Transforming Your Life*](#) and its accompanying book: [*Writing for Bliss: A Companion Journal*](#) and [*Conversation Cards for Meaningful Storytelling*](#). Visit her at <https://dianaraab.com>.