

write. heal. transform.



# MEMOIR WRITING

*A One-Day Writing Retreat  
Crafting Your Story*

**July 22th OR 29th, 2023**

**9:00 a.m. – 3:00 p.m.**

**Santa Barbara, California**

Each one of us has a story to share. Join Diana Raab for a memoir-writing retreat, which includes discussion, deep writing and manuscript review. In this unique retreat, held in the warmth and privacy of Diana's home, you will experience the healing and transformative powers of memoir writing.

With Diana's gentle guidance, explore transpersonal techniques including: meditation, grounding, and journaling to help you access your deep inner voice and tap into the messages of your heart. She will guide you to find the story you were meant to tell and help you work on organizing it.

This retreat is geared for those who have started their memoirs and also for those contemplating the journey. You will walk away inspired, and with an increased sense of clarity and a unique set of tools.

What's your story? Let's tell it.

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**Space is limited to 10 participants**  
**Cost: \$100—includes breakfast and lunch**  
**(scholarships available)**

**For inquiries and registration, please email:**  
**assistant@dianaraab.com**



**DIANA RAAB, MFA, PhD** is an award-winning memoirist, poet, essayist, blogger, and speaker. She's the author of 13 books, including two memoirs, *Regina's Closet* and *Healing With Words*. She is also the editor of two anthologies: *Writers on the Edge* and *Writers and Their Notebooks*.

She's the author of *Writing for Bliss* and its companion journal. Raab writes regularly for *Psychology Today*, *Thrive Global*, *Medium* and *The Good Men Project* as well as many others.

As a published writer for more than five decades, Raab has facilitated many workshops on writing for healing and transformation. She has a master's in creative writing, and a PhD in transpersonal psychology and memoir writing.

For more information, visit: **dianaraab.com**

