

# Hummingbird

A Memoir

**Diana Raab's new memoir explores the depths of love and loss across three generations of women**

*Hummingbird* is a spiritual memoir about the connection between three generations of women—the author, her mother and maternal grandmother, who was her primary caretaker until she took her life when the author was ten. Her wisdoms taught the author how to exist in the world. For more than five decades she's carried these wisdoms with her as an author, nurse, research psychologist, teacher, cancer survivor, mother and grandmother. Her grandmother taught her how to follow her intuition and listen to her heart. The book also creates a bridge between her grandmother as a cholera pandemic survivor and the author's experience with the Covid-19 pandemic.

Raab has a photo of her grandmother on her desk. When she stares into her eyes, she's given clear messages. The deepest connection with her grandmother materialized during the Covid-19 pandemic. Her magic emerged via hummingbird visitations outside her writing studio. Woven into the narrative of their relationship is Raab's journey and life challenges: being raised by a narcissistic mother, loss of loved ones, meeting her soulmate, raising three children becoming a grandmother, and the passing on of her legacy. She illustrates how her grandmother's spirit gave her comfort and strength.

The book includes six decades of stories and universal truths garnered in the three generations of women. It also includes elements of female relationships, the power of empathy, tapping into deeper knowing, as well as nurturing emotional wellness, fostering gratitude, interconnectedness, and the importance of storytelling.

*Hummingbird* touches on how we can continue to connect with our ancestors. The book's themes are blended into the magic of the circle of life, as Raab makes peace with the hummingbird which represents the traumas, wisdoms, love and survival of three generations of women.

**Available wherever books are sold.**

**For more information visit:**

**[www. DianaRaab.com](http://www.DianaRaab.com)**



---

**Publicity Contact: Libby Jordan**  
[hellolibbyjordan@gmail.com](mailto:hellolibbyjordan@gmail.com)

**Published by Modern History Press**  
[info@ModernHistoryPress.com](mailto:info@ModernHistoryPress.com)  
[www.ModernHistoryPress.com](http://www.ModernHistoryPress.com)  
Tollfree USA/Canada: (888)761-6268

**Publication Date: January 2024**

**Hardcover ISBN: 978-1-61599-765-7; \$33.95**

**Paperback ISBN: 978-1-61599-764-0; \$21.95**

**eBook ISBN: 978-1-61599-766-4; \$6.95**

**Trim Size: 5.5 x 8.5 (174pp)**

**Categories: Biography/Autobiography/Personal Memoir; Body, Mind & Spirit & Personal Growth; Self Help/Journaling**

**Distributors: Ingram and New Leaf**

**Audiobook Available from Audible.com & iTunes**





Diana Raab, MFA, PhD is an award-winning memoirist, poet, blogger, and workshop leader. The author of 13 books, Raab is a prolific writer with a passion for healing and transformation. She facilitates writing workshops based on her books, *Writing for Bliss*, and *Writing for Bliss: A Companion Journal*. Raab is widely published internationally, and is the editor of two anthologies: *Writers on the Edge* and *Writers and Their Notebooks*. Her newest memoir, ***Hummingbird***, is her third, following the acclaimed *Regina's Closet: Finding my Grandmother's Secret Journal* and *Healing With Words: A Writer's Cancer Journey*. Raab's most recent poetry collection is *An Imaginary Affair: Poems Whispered to Neruda*. She is the mother of three children, and grandmother to six. Raab lives in southern California where she blogs for *Psychology Today*, *Thrive Global*, *The Wisdom Daily*, *The Good Men Project*, and many others. To learn more, visit [www.dianaraab.com](http://www.dianaraab.com).

## Praise for *hummingbird*

"In this powerful and timely memoir, Raab offers poignant and thoughtful insights to contemplate and reflect upon, in order to help us heal intergenerational trauma. Raab rightly reminds us that our ancestors live on in us, and we are invited to call on them anytime we need help navigating life's challenges."

—**SONIA CHOQUETTE**, *New York Times* bestselling author, *The Answer is Simple* and *Ask Your Guides*

"Diana Raab knows the terrain of the human heart. She writes candidly looking across five generations offering an unflinching reflection on mortality and mystery...she invites readers to reflect upon their own life's journeys and to use writing and journaling to navigate a pathway for healing through transitions and crossroads. This memoir is an exhale and a deep breath. A rich reserve, for herself, and for future generations to be nourished." —**TERRA TREVOR**, author of *We Who Walk the Seven Ways*

"*Hummingbird* is not only a poignant spiritual memoir, it is an invitation. Raab—no stranger to life's challenges—is accessible and authentic as she shares her own, and her ancestors, wisdom. She opens hearts and deftly offers insightful prompts, sweetly encouraging the reader's collaboration with their own ancestral family. Very highly recommended." —**MARILYN KAPP**, author of *Love is Greater Than Pain*

"*Hummingbird* is a meditative and nourishing memoir written with lyricism and chiseled language that marries Raab's inner and outer worlds. With disarming honesty, Raab slows down our jittery minds to share the intimacies of experiencing trauma and healing self-care in a way that they feel as normal as sleeping and eating. Her voice of personal truth provide a safety net for the reader to explore their own path to hope." —**TRISTINE RAINER**, author *Your Life as Story*, and *The New Diary*





## Q&A with Diana Raab

*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.

*What inspired you to write Hummingbird?*

The book was inspired by a hummingbird visit to the red flowers outside my writing studio. I began noticing them on a regular basis during the Coronavirus pandemic, probably because during that time I spent more time in my writing studio. I love storytelling and wanted to share my experience and provide an opportunity for readers to get in touch with their own ancestors.

*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 often seekers. My experiences always compel me to document my feelings as a way to record and reflect on them. It's true to say that writing is my spiritual practice and my journal is a container for my thoughts and secrets.

*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 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 took his life, 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, continuously for 15-minutes, 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, and growth.

**To learn more: visit [dianaraab.com](http://dianaraab.com)**





Excerpt from  
*Hummingbird A Memoir*

**Messages from My Ancestors: A Memoir and Writing Prompts**  
By Diana Raab, PhD

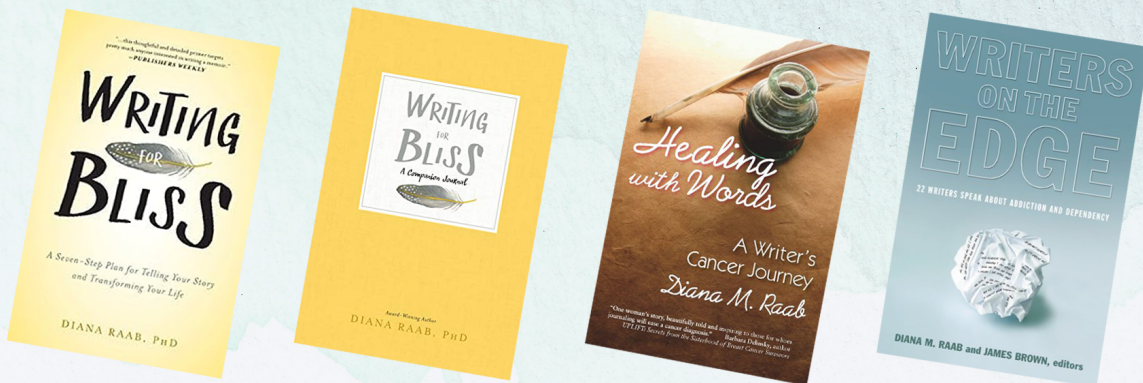
From an early age, I have been obsessed with storytelling. As an only child growing up in a hardworking family of Eastern European immigrants, I was often alone and left to fend for myself. During that time, the peace I found then in reading and writing became a lifelong passion for memoir writing.

This passion intensified when I was ten and began keeping a journal after my maternal grandmother's death—which, because of our deep connection, was an extremely traumatic loss. Afterward, journaling helped me through my troubled adolescence as a hippie in the 1960s, my enforced bed rest when pregnant with my three children, my grief over the losses of other loved ones, and my struggles with how to cope with two cancer diagnoses. Journaling has also led to my becoming a published author of numerous books and a writing coach in workshops designed to inspire and help others with their own memoir writing.

My grandmother's spirit often visits me at crucial times in the form of a hummingbird, symbolic of our connection and the sense of joy and comfort she bestowed on me. I take great comfort in such visitations and encourage you to search for a symbolic messenger of your own.

Please feel free to use this book as a guide as you would if attending one of my workshops. In it, as examples of memoir writing, I tell stories of some of my ancestors and explore my own life in the light of those who have influenced me the most: my grandparents and my parents. May your journey be meaningful and also bring you joy and comfort.

**Other books by Diana Raab from *Loving Healing Press* and its imprints**



Available wherever you buy books  
Visit: [dianaraab.com](http://dianaraab.com)