

Bio Note  
Diana Raab, PhD

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

Her latest memoir is *Hummingbird: Messages from My Ancestors, A memoir with reflection and writing prompts* (Modern History Press, 2024).

Raab blogs for *Psychology Today*, *The Wisdom Daily*, *The Good Men Project*, *Thrive Global*, and is a guest blogger for many others. Visit her at: <https://www.dianaraab.com>.

Raab lives in Southern California.