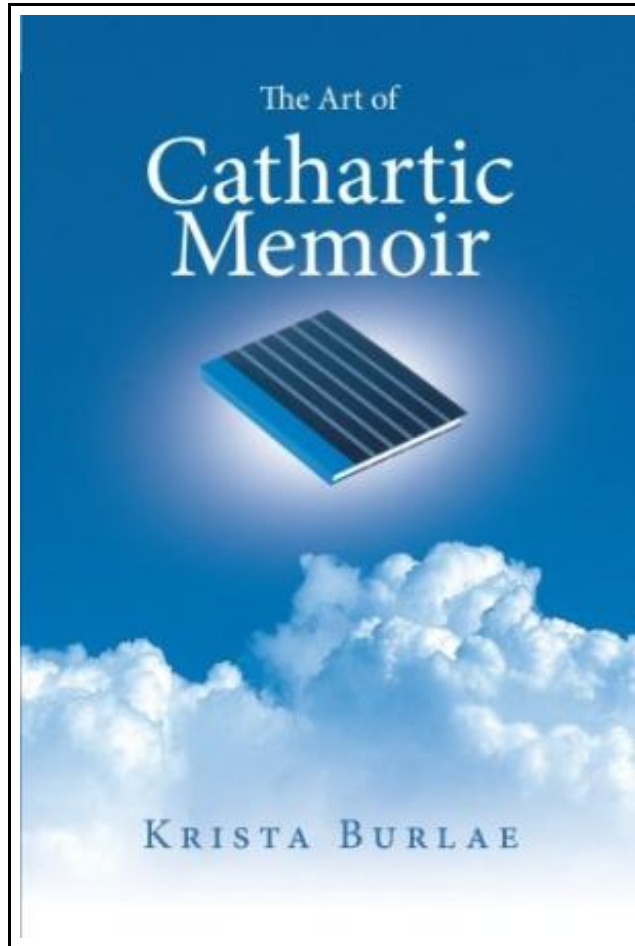


The Art of Cathartic Memoir



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Reviews

A high quality pdf as well as the typeface applied was exciting to see. It really is written in simple words and phrases rather than difficult to understand. You will not really feel monotony at any time of your time (that's what catalogs are for relating to in the event you question me).

(Robyn Nolan)

THE ART OF CATHARTIC MEMOIR

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BalboaPress. Paperback. Book Condition: New. Paperback. 114 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. For countless years, emotional pain has been a catalyst for creation. Musicians and mystics, artists and authors have transformed personal tragedy into works of sublime beauty-and in doing so, often found inner peace. The Art of Cathartic Memoir explicitly shows writers how to recast their experiences into art while encouraging them to find such inner peace. It offers exercises, structure, and inspiration based on a wide range of literary, psychological, and spiritual sources. Drawing upon the ideas of Carolyn Myss, St. John of the Cross, and many others, The Art of Cathartic Memoir supports writers in constructing their life stories in a mystical yet artful way. Whether writing a full-length book or a shorter piece of memoir, The Art of Cathartic Memoir facilitates transformation on many levels and speaks to writers, why they need to create, what keeps them from it, and how to overcome resistance. Krista has been a friend and trusted editor for several years. She has worked with me and my brother on a manuscript authored by our deceased father. As a skilled writer, Krista quickly identified and sensitively corrected the technical and grammatical issues involved in dealing with a non-native English speaker. More importantly, she readily grasped the meaning and intent of what was written. She was able to delve into what our father was thinking and his motivation as he wrote particular passages and recalled specific scenes -A. Zygielbaum, Lincoln, Nebraska Kristas workshop and gentle facilitation enabled even the beginning writer to tap into skills never before realized. Her workshop gave me permission to play with words in my head and allow those words to dance on paper -D. Brown, Lincoln, Nebraska This item ships from multiple locations. Your book may arrive...

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