



# **One Year of Writing and Healing: Writing to Transform the Experience of Illness, Grief, and Other Trouble**

*Diane Morrow*

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# One Year of Writing and Healing: Writing to Transform the Experience of Illness, Grief, and Other Trouble

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If you've experienced loss . . . or are dealing with grief . . . if you've been diagnosed with a life-altering illness . . . or if you're simply facing ordinary trouble . . . if you've ever kept a journal . . . or thought about doing so . . . or if you want to help others do this . . . then *One Year of Writing and Healing* offers a roadmap. It outlines a cohesive, gradual, month-by-month method for growing the habit of writing for the purpose of healing. Diane Morrow, a former physician and now a high school English teacher, draws on her work with patients, her work with men and women in recovery from addiction, and her work with students, as well as drawing on a wide range of poetry and research, to guide readers step by step to tap into the power of writing to transform experiences of illness, grief, and ordinary trouble. You can learn more about the book and read a sample first chapter at [writingandhealing.org](http://writingandhealing.org). All profits from book sales in the first year will go to Write Around Portland, a non-profit organization in Portland, Oregon whose mission is to change lives through the power of writing.

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