



Recommended Resources for Writing through the Hard Times

Finding What You Didn't Lose: Expressing Your Truth and Creativity through Poem-Making, John Fox (Tarcher/Putnam, 1995)

Opening Up: The Healing Power of Expressing Emotions, James W. Pennebaker, Ph.D. (Guilford, 1990)

Unless It Moves the Human Heart: The Craft and Art of Writing, Roger Rosenblatt (HarperCollins, 2011)

Writing As a Way of Healing: How Telling Our Stories Transforms Our Lives, Louise DeSalvo (Beacon, 2000)

Writing to Heal the Soul: Transforming Grief and Loss through Writing, Susan Zimmermann (Three Rivers, 2002)

Writing Toward Home: Tales and Lessons to Find Your Way, Georgia Heard (Heinemann, 1995)

Write Your Heart Out: Exploring & Expressing What Matters to You, Rebecca McClanahan (Walking Stick, 2001)

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