

Writing Our Way to Wellness
A Bibliography

Books on Creative Processes with Art and Writing, Wellness Issues:

Cathleen Rountree: The Writer's Mentor

Chip Spann: Poet Healer, Contemporary Poems for Health & Healing Blood on the Page

Clare Walker and Charles Roth: Nature Journaling

Clarissa Pinkola Estes: The Gift of Story The Creative Fire (both audiotapes)

Deena Metzger: Writing for Your Life: A Guide and Companion to the Inner Worlds

Elizabeth Maynard Schaefer: Writing through the Darkness: Easing Your Depression with Paper and Pen

Eudora Welty: One Writer's Beginnings

Eric Meisel: Deep Writing: Principles that Bring Ideas to Life

Erica Helm Meade: Tell It by Heart: Women and the Healing Power of Story

Gabriele Lusser Rico: Writing the Natural Way

Henriette Klauser: With Pen in Hand: The Healing Power of Writing

Ira Progoff: At a Journal Workshop

James Pennebaker: Opening Up: The Healing Power of Expressing Emotions

Julia Cameron: The Right to Write The Artist's Way The Vein of Gold

Kathleen Adams: Journal to the Self The Write Way to Wellness

Kim Stafford: The Muses Among Us

Linda Leonard: The Call to Create: Celebrating Acts of Imagination

Louise De Salvo:

Writing as a Way of Healing: How Telling Our Stories Transforms our Lives

Martha Beck: Finding Your Own North Star

Nancy Mairs: Voice Lessons: On Becoming a (Woman) Writer

Natalie Goldberg: Writing Down the Bones Old Friend from Far Away (audiotape)
Wild Mind Thunder & Lightning

Parker Palmer: Let Your Life Speak

Pat Schneider: Writing Alone and With Others

Seena Frost: SoulCollage

Sue Bender: Everyday Sacred

Sylvia Boorstein: It's Easier Than You Think

Tristine Rainer: Your Life as Story

William Zinsser: Writing About Your Life

Memoirs, Biographies, Autobiographies, and Memoir-Writing Books

Anne Lamott: Bird by Bird Traveling Mercies

Anne Morrow Lindbergh: Gift from the Sea

Anais Nin: The Diary of Anais Nin

A. Manette Ansay: Limbo

Andrew Harvey: Hidden Journey

Anne Frank: Diary of a Young Girl

Annie Dillard: Pilgrim at Tinker Creek An American Childhood The Writing Life

Barbara Gates: Already Home

Barbara Kingsolver: High Tide in Tuscon

Bobbie Ann Mason: Clear Springs

Carolyn Heilbrun: Writing a Woman's Life

Eleanor Roosevelt: The Autobiography of Eleanor Roosevelt

Helen Keller: The Story of My Life

Joyce Carol Oates: The Faith of a Writer: Life, Craft, Art

Judith Barrington: Lifesaving Writing the Memoir

Margaret Mead: Blackberry Winter

Mark Salzman: Lost in Place True Notebooks

Mary Catherine Bateson: With a Daughter's Eye

May Sarton: Plant Dreaming Deep The House by the Sea
At Seventy Journal of a Solitude

Natalie Goldberg: Long Quiet Highway