

Writing for Bliss: A Seven-Step Plan for Telling Your Story and Transforming Your Life

Diana Raab

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Though it centers on the practice of writing, this book will speak to all who value self-discovery.

Part writing guide, part memoir, and part love letter to the craft of writing, Diana Raab's *Writing for Bliss* is a caring and motivational guide.

A lifelong writer, psychologist, and cancer survivor, Raab pours all of her experiences and background into this slim book, advocating for the healing powers of writing. Exploring everything from mindful breathing and meditation to personal transformation through poetry and journaling, this is a guide on how to live a more fulfilling life.

This book will speak to all who value self-discovery. It offers life-changing tips and practices to guide its audience through loss and grief, as well as through changes and joy. It will prove especially useful for those who have already developed a love of writing.

With prompts scattered throughout the book, there are many opportunities for writers to expand their talents and mine their personal experiences for material. Raab's guidance will also prove helpful for writers who feel stuck in one genre; she advocates trying out every format, including journaling, personal essays, and poetry. *Writing for Bliss* does an excellent job of explaining how such practice can enhance lived experiences.

Raab's own story plays heavily into the work, adding depth and emotion. The daughter of Jewish immigrants, she was deeply affected by her mother's distance and by the suicide of her grandmother. Writing was her place of solace, and it continued to be a source of salvation through difficult pregnancies, two bouts with cancer, and other upheavals. Raab's insights resonate, making each of her points more impactful.

Raab's love of words and her belief in the power of story shine through. With its hypnotic and personal stories, interviews with other authors, and many useful writing prompts, *Writing for Bliss* will find a valued spot on the bookshelves of those seeking greater understanding.

ANGELA MCQUAY (September/October 2017)

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