



The Art of Cathartic Memoir

By Krista Burlae

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...



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