

write. heal. transform.



MEMOIR WRITING

*A Two-Day Writing Retreat
Exploring the Essentials of Memoir Writing*

**January 25th & 26th, 2020
8:00 a.m. – 4:00 p.m.
Santa Barbara, California**

BASED ON DIANA'S BOOK

Writing for Bliss

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

Each one of us has a story to share. Join Diana Raab for a two-day memoir-writing workshop, and learn to tell yours. In this unique weekend workshop, held in the privacy of Diana's home, you will experience the healing and transformative powers of memoir writing.

With Diana's gentle guidance, explore transpersonal techniques including: meditation, grounding, and journaling to help you access your deep inner voice and tap into the messages of your heart.

All levels welcome.

You will walk away from this weekend inspired, with an increased sense of clarity and a unique set of writing tools.

What's your story? Let's tell it.

**Space is limited to 10 participants
Cost: \$350—includes breakfast and lunch
(scholarships available)**

For inquiries and enrollment, please email:
assistant@dianaraab.com



DIANA RAAB, MFA, PhD
is a memoirist, poet, essayist, blogger, and speaker. She is an award-winning author of ten books and more than 1,000 articles and poems, including two memoirs: *Regina's Closet* and *Healing With Words*. She is also the editor of two anthologies: *Writers on the Edge* and *Writers and Their Notebooks*.

As a published writer for more than forty years, Diana has facilitated workshops in writing for healing and transformation. She has a master's in creative writing, and a PhD in transpersonal psychology.

Diana's latest two books are: *Writing for Bliss: A Seven-Step Plan for Telling Your Story and Transforming Your Life*, and *Writing for Bliss: A Companion Journal*. For more information, please visit: dianaraab.com.

