



Wellness & Writing Connections: Writing for Better Physical, Mental, and Spiritual Health

John Frank Evans

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Two of the top experts in the field of writing and wellness join with 15 others to show us how writing is used to heal physical illness, emotional trauma, and spiritual pain.

James Pennebaker, who was the first to research the connection between writing and wellness, and Cindy Chung present 25 years of experiments that demonstrate the benefits of writing to heal and point the direction for more studies.

Luciano L'Abate discusses his use of writing and discusses how the techniques can be used to significantly lower health care costs.

Debbie McCulliss shows how she uses writing to engage us, so we are able to examine an experience, compare it to other experiences, and apply the new insights to ourselves.

Leatha Kendrick looks at finding our true voice to lead us to recovery.

Gail Radley presents techniques to move us from feeling like a victim to finding solutions.

Fran Dorf tells how she turned her grief into a best-selling book (*Saving Elijah*) and shows us how to use fiction to ease our pain.

Emily Simerly gives us six starter chapters to show how we can adapt to our lives.

Belinda Shoemaker proposes that the act of adding craft and style to our writing increases our understanding of what we have written.

Noreen Groover Lape and Kristin N. Taylor continue Shoemaker's theme by describing their interaction as student and teacher, improving Taylor's writing and understanding.

Diana M. Raab shares tips about her journaling that we can use to keep our precious insights from slipping away.

Julie Davey shows how we can use the Writing for Wellness program she has been leading for cancer patients at City of Hope for the past seven years.

Sara Baker reminds us that we can write about our hurts in ways that don't retraumatize us by telling it slant.

Angela Buttimer describes the Cancer Wellness groups she leads at Piedmont Hospital and teaches us how to use some of her techniques.

Austin Bunn describes the Patient Voice Project to teach expressive writing to the chronically ill.

Lara Naughton champions the Voices of Innocence project, which demonstrates how we can help non-writers create written works that aid spiritual and emotional healing.

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Paul Evans:

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