



## The Power of Memoir: How to Write Your Healing Story

By Linda Myers

John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, The Power of Memoir: How to Write Your Healing Story, Linda Myers, A groundbreaking work for healing long-term emotional problemsThe Power of Memoir is a pioneering how-to book that provides a new step-by-step program to use memoir writing as a therapeutic process. By going through these steps you'll learn how to choose the significant milestones and turning points that make up a coherent story leading to a life-changing epiphany. \* Help uncover the secret stories that are the keys to healing \* Explore the dynamics and roles of dysfunctional families \* Heal old wounds, creating a better present and brighter futureUsing many examples from her students and clients, the author shows how creative, well-planned, and carefully researched memoir writing can offer a process for sorting out the truth from lies and family myths.



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