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The Power of Memoir: How to Write Your Healing Story

Linda Myers

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A groundbreaking work for healing long-term emotional problems

The 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 future

Using 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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