



Writing is a way of gleaning truth from memory. The result is new knowledge and insight.

The Healing Pen

Writing Your Way to Inner Peace and Outer Transformation

by Barry Lane

Something miraculous happens when you write. A thought appears on the page that the writer did not expect to see; an idea connects with another idea and suddenly the larger purpose of the writing shifts. As much a self-help guide as a writing text, *The Healing Pen* will help you craft a better life through your writing and better writing through your life.

The three sections of the book, Remembering, Reframing and Re-experiencing, launch the reader into an exploratory journey that examines the past, brings to it knowledge of the present, and creates a new future fueled by this knowledge. With scores of writing exercises and compelling examples from grade school students to prisoners, to college students and adult literacy students, author Barry Lane illustrates how to transform painful memories into writing gems that can bring both the writer and the reader to healing and understanding.

With scores of inspiring exercises and motivating examples, Barry Lane leads the reader through the three R's of writing:

- Remembering: digging up stories lodged in memory
- Reframing: questioning and re-seeing the past
- Re-experiencing: reliving old stories with a new perspective

Enter into a written journey of self-exploration

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"In 25 years of teaching writing, I have never seen a book as useful as this one. It's chock full of practical ideas for finding your stories – enough good ideas to write for a lifetime."

~ Jim DeFilippi, author of *Blood Sugar*

"...a one-of-a-kind resource for insightful writing-triggers and deepening techniques, this book can serve as an adjunct to psychotherapy or as an itinerary for self-exploration and growth. I cannot think of a better way to write a prescription for well-being than with *The Healing Pen*."

~ Dr. Mark Flescher, Psychologist