



Write Your Memoir: The Soul Work of Telling Your Story

By *Allan G. Hunter*

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Drawing from more than 25 years of literary know-how and modeled after a 15-week college course, this manual provides guidance for seekers wishing to delve further into self-exploration through writing. Extending beyond the idea that memoir writing intends to put past events into a more understandable current perspective, the guide maintains that keeping a document of one's life is actually the basis of a psychic process called "soul work," which manifests as a desire to experience the state of being alive to the fullest. This unusual approach to memoir writing aims to generate more honest and genuine results that come from inner needs rather than outer expectations. Intended to clarify a writer's developmental path, this resource emphasizes the importance of self-awareness and the need for dealing with difficult material that actually alters the writer in the process, resulting in significant growth of the soul.

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Editorial Review

Review

"The beauty of this book is in the way it takes its followers well beyond the writing process and into a deeper, spiritual journey." —Connie D. Griffin, author, *To Tell the Truth: Practice and Craft in Narrative Nonfiction*

Write Your Memoir is an extremely well written, concise, clear and lucid guide to the practice of writing a memoir. This is a good book and one I will definitely use when I teach this subject." —Carlo Gebler, author, *Father & I: A Memoir*

"I can't imagine the first-time memoir writer making the journey through their manuscript with a gentler guide, a wiser counsel, a more enthusiastic cheerleader." —Suzanne Strempek Shea, author, *Sundays in America*

About the Author

Allan G. Hunter is a professor of literature at Curry College, where he also teaches memoir writing for the Blue Hills Writing Institute. He is the author of *Life Passages*, *The Six Archetypes of Love*, and *Stories We Need to Know*. He lives in Watertown, Massachusetts.

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