

3-12-2018

Transformative Writing Steps for Poets to Prose Writers

Janie A. Hall

Walden University, janie.hall2@mail.waldenu.edu

Follow this and additional works at: <http://nsuworks.nova.edu/tqr>

 Part of the [Quantitative, Qualitative, Comparative, and Historical Methodologies Commons](#), and the [Social Statistics Commons](#)

Recommended APA Citation

Hall, J. A. (2018). Transformative Writing Steps for Poets to Prose Writers. *The Qualitative Report*, 23(3), 593-595. Retrieved from <http://nsuworks.nova.edu/tqr/vol23/iss3/7>

This Book Review is brought to you for free and open access by the The Qualitative Report at NSUWorks. It has been accepted for inclusion in The Qualitative Report by an authorized administrator of NSUWorks. For more information, please contact nsuworks@nova.edu.



Qualitative Research Graduate Certificate
Indulge in Culture
Exclusively Online • 18 Credits

LEARN MORE

NSU
NOVA SOUTHEASTERN
UNIVERSITY

NOVA SOUTHEASTERN

Transformative Writing Steps for Poets to Prose Writers

Abstract

Diana Raab's *Writing for Bliss* is a stimulating book that encourages and supports writing for passion based on *reflection, truth, and freedom*. The book was authored to provide prompts and techniques for writers on any level. The premise of the book began when Raab discovered writing was a healing mechanism for her and her late grandmother. Raab believes in the purity of writing for change and the seven-step plan as listed in the book. The purpose of this book was to serve as a reference for individuals who may consider transforming their lives through writing.

Keywords

Transformative, Writing Preparation, Memoirs, Publication

Creative Commons License



This work is licensed under a [Creative Commons Attribution-Noncommercial-Share Alike 4.0 License](https://creativecommons.org/licenses/by-nc-sa/4.0/).

Transformative Writing Steps for Poets to Prose Writers

Janie A. Hall

Walden University, Minneapolis, Minnesota, USA

Diana Raab's Writing for Bliss is a stimulating book that encourages and supports writing for passion based on reflection, truth, and freedom. The book was authored to provide prompts and techniques for writers on any level. The premise of the book began when Raab discovered writing was a healing mechanism for her and her late grandmother. Raab believes in the purity of writing for change and the seven-step plan as listed in the book. The purpose of this book was to serve as a reference for individuals who may consider transforming their lives through writing. Keywords: Transformative, Writing Preparation, Memoirs, Publication

In her 2017 book, *Writing for Bliss*, Diana Raab provides a guide along with her personal stories, musings, and emails that are scattered appropriately throughout the book. She authored the book as an extension of her doctoral work of memoir writing as a form of transformative powers and healing. She discussed the benefits of writing to remake ourselves and the world and view life differently. Raab discovered she experienced bliss through memoir writing and publications. Raab created the book in an effort to encourage others to write for change or enhance their writing experience.

Mindful writing is an essential aspect of the writing process; thus, the importance of writing preparation. One idea is to maintain mindfulness, which is especially important during the writing process. In preparation for writing, Raab encourages writers to make the necessary emotional shifts to heighten the right frame of mind. The mindful writing practices, as outlined by Raab, are theory based. She explains *writing for bliss* can include a form of therapeutic healing, transformation, and a way of self-communication. The author includes tips on how to use the book in a practical and methodological means to empower writers and encourage their bliss in writing. Furthermore, the author foreshadows significant steps and the emotions addressed in the steps such as writing exercises, *walking a labyrinth*, or feeling *stuck*.

The steps in the book include mindful practices such as writing rituals, connections to writing, meditation, and breathing. She provides steps as a considered analysis and explanation of the importance of the steps. Moreover, Raab explains how writers may use the steps toward their advantage. For instance, she discusses a process that writers may apply to become courageous during fear. I appreciate the authors willingness to share how writers may use obstacles as opportunities in a bullet point format. Raab reminds the readers to use the work of others and as an informal source of mentoring. She includes several phrases and quotes from famous authors and leaders to encourage writers of all levels.

Raab described the use of writing preparation for poets to prose writers. She provided detailed guidance on the fundamental steps for writers to use before writing. Poets to prose writers may consider several steps of preparation. Some examples include writing rituals, finding inspiration, cultivating flow, and becoming creative. One idea she mentions is to choose one word and write the word as an exercise.

The author included self-awareness idea in *Step Two*. Writers at all levels may appreciate this step since the author describes how writers may find balance and broaden their sense of worldview. She reminds writers to set intentions they believe are possible. Furthermore, Raab describes the differences of intentions in comparison to goals. She lists several mindfulness techniques that may encourage writers to determine when they are their most productive and when they should pause writing.

Step Three is a mindful step that may encourage writers to define their inspiration and self-truths. Raab encourages writers to find their authentic voice and infuses ideas on how to find the voice in the examples in the book. Many of the examples are explanatory and provide depth to the content of the book. She credits different authors for their work throughout the book. In this step, she credited an author for their writing rituals and examples to nurture a natural voice for the writer. In her practice, she discovered the flow of writing became easier with a writer's cape from an admirable writer.

Raab mentions the examination of life in *Step Four*. She discusses how some writers may experience pain before they find joy. Thus, she includes writing ideas for the themes of life. In a five-part writing prompt, Raab asks the reader to write one page about each question. One example of a writing prompt question is: *What is your soul's purpose?* The writing prompt is an avenue for writers to provide depth and breadth to their work and provide meaning to their work.

Interestingly, Raab includes an excellent guide for writers to discover their form in *Step Five*. Writers may submit their work in multiple writing mediums and communities. Writers may discover their passions while surrounded by other writers who share the same passion. Likewise, different writers may achieve the same *writing for bliss* in a personal diary.

In *Step Six*, the author encourages poetry for many reasons including healing, inspiration, and courage. Raab defines poetry in general. She also defines each aspect of poetry discussed including metaphors and duende.

The author included additional guidance in *Step Seven* to provide details of the information required to share their work. She encourages writers to document and write about other individuals, love letters, and included family secrets in this step. She offered ideas for writers to show their work to others for feedback and explained the differences between drafts and revisions. Additionally, she included information for writers on how to disseminate their work.

The uniqueness of this book includes the *writing prompts*, in which the Raab discussed the benefits of writing to remake ourselves and the world and view life differently. Raab included 50 writing prompts in the book to encourage creativity and to allow writers to explore their passions through a creative lens. A second unique attribute of this book is included in the final step of the seven-step plan, in which the author provides direction for writers to publish their work. Raab provides a resource for authors wishing to publish and includes some basic information on publications. I found the hint of the memoir publication stimulating, which incited supplementary investigation of the resource she provided. Perhaps the author might promulgate in a supplementary book.

In summary, the book was based on a lived experience, which includes the history and writing suggestions by Diana Raab based on her own. The title does not represent the full contents of the book, which includes the seven-step writing process, writing prompts, publication information, and recommended memoirs. Overall, the book is in an attempt to supplement writers at any level through *bliss* with a potential to provide healing and peace. *Miracles happen at the border where pain meets joy.*

Reference

Raab, D. (2017). *Writing for bliss*. Ann Arbor, MI: Loving Healing Press.

Author Note

Janie A. Hall, DBA, is a contributing faculty member and doctoral chair at Walden University. She received her DBA in Leadership from Walden University. Her research interests include social responsibility, multicultural management, employee engagement, and qualitative research. She completed her MBA in Healthcare Management at Ottawa University. Prior to pursuing her DBA, Dr. Hall spent over 25 years reinventing healthcare delivery through her leadership roles as a respiratory therapist and focused change to community health benefits following the community destruction of an EF-5 tornado. Dr. Hall resides in Joplin, MO. Correspondence regarding this article can be addressed directly to: janie.hall2@mail.waldenu.edu or janie-hall@hotmail.com.

Copyright 2018: Janie A. Hall and Nova Southeastern University.

Article Citation

Hall, J. A. (2018). Transformative writing steps for poets to prose writers. *The Qualitative Report*, 23(3), 593-595. Retrieved from <http://nsuworks.nova.edu/tqr/vol23/iss3/7>
