



# Writing for Bliss: A Seven-Step Plan for Telling Your Story and Transforming Your Life

*Diana Raab*

[Download now](#)

[Read Online ➔](#)

# Writing for Bliss: A Seven-Step Plan for Telling Your Story and Transforming Your Life

Diana Raab

## Writing for Bliss: A Seven-Step Plan for Telling Your Story and Transforming Your Life Diana Raab

Writing for Bliss is most fundamentally about reflection, truth, and freedom. With techniques and prompts for both the seasoned and novice writer, it will lead you to tap into your creativity through storytelling and poetry, examine how life-changing experiences can inspire writing, pursue self-examination and self-discovery through the written word, and, understand how published writers have been transformed by writing.

## Writing for Bliss: A Seven-Step Plan for Telling Your Story and Transforming Your Life Details

Date : Published September 1st 2017 by Loving Healing Press (first published July 1st 2017)

ISBN : 9781615993239

Author : Diana Raab

Format : Paperback 238 pages

Genre : Language, Writing, Nonfiction



[Download Writing for Bliss: A Seven-Step Plan for Telling Your S ...pdf](#)



[Read Online Writing for Bliss: A Seven-Step Plan for Telling Your ...pdf](#)

**Download and Read Free Online Writing for Bliss: A Seven-Step Plan for Telling Your Story and Transforming Your Life Diana Raab**

---

# From Reader Review Writing for Bliss: A Seven-Step Plan for Telling Your Story and Transforming Your Life for online ebook

## **Marialuisa Monda says**

I had been struggling with acute writer's block for years. As it took so long to recover, I thought I was inadequate. I even questioned myself. I questioned if I was a true writer or if I was kidding myself. These thoughts devastated me even more as it felt like a loss. It was like losing a part of myself. But, reading this book, has helped me overcome this. I am writing more than ever. I'm opening myself up to being vulnerable again. I'm still growing my craft and I realize there is no rush. This book is incredible. I wish I had a word that was far more profound to describe my feelings for this amazing book. THANK YOU, THANK, THANK YOU!

---

## **Nat says**

I've savored this read for quite a while now, waiting for that moment of inspiration to strike and start my writing process. And I realized that while I was waiting ever so patiently, I might as well start *reading* about the writing process. Which is where **Writing for Bliss** steps in. Though some advice was a bit vague to work with it, I still found this book to be a great starting point to get my writing journey on a roll. I especially appreciated the prompts shared at the end of **Writing for Bliss**:

*ARC kindly provided by the author in exchange for an honest review.*

**Publication Date: September 1st, 2017**

*Note: I'm an Amazon Affiliate. If you're interested in buying **Writing for Bliss**, just click on the image below to go through my link. I'll make a small commission!*

This review and more can be found on my blog.

---

## **Sinead says**

Writing for Bliss is an excellent resource for writers of all styles and levels. Using an easy narrative style Diana brings the process of writing to life using seven steps, reflective of seven stages of personal transformation that lead to 'bliss'. Writing is therefore approached as a journey of self-discovery, yet in this book you are not alone. Writing prompts, tips and resources abound to lend practical advice for developing as a writer. Also, author stories and writing plans offer inspiration and direction during the tough times. This

one of the best books out there for writers who wish to refine their craft and enliven their creative process.

---

### **Teresa Kander says**

As a lifelong writer, I was very excited to read this book. It turned out to be more than I could have imagined. There are writing prompts sprinkled throughout the text, which in themselves are incredibly valuable. But when you add them to the text of the book, it becomes an invaluable resource for writers.

The author uses a narrative style of writing which makes the book easy to read and understand. The seven steps she outlines are easy to follow and make logical sense. The steps are these:

Preparing To Write  
Cultivating Self-Awareness  
Speaking Your Truth  
Examining Your Life  
Finding Your Form  
Unleashing With Poetry  
Sharing Your Writing

At first reading, I found so much information relevant for me, and I am sure I will find something different each time I read it again. It is a resource that will resonate in different ways for people at different times.

\*\*I received a copy of this book from the author and BeckValley Book Tours with no expectation of a positive review. All thoughts and opinions are entirely my own.\*\*

---

### **Ana Paula says**

I am an attorney and I have a book review blog. However, I can't write... I write and read in English for 70% of my time and the other part is in Portuguese. My English is bad and my Portuguese worse and words are difficult in both languages...

After reading Writing for Bliss by Diana Raab, not only did I discover a wonderful, truthful and sensitive author whose words and stories inspired me, but also found techniques to develop and improve my writing.

After reading this book I want to improve my blog, write articles in my field of work and write for me for healing, for life, for my daughter...

"Write from your heart", Ms. Raab, tells us about that by writing about your pain, joy, life, memoirs you can reach for yourself and ultimately find your bliss. I am trying and living these techniques as for me writing and reading (I read a lot, but as I said I can't write) is a form of healing from the problems of everyday life.

I will always write and read from my heart from now on.

---

### **Arielle Deltoro says**

Writing for bliss is an inspirational how-to book that contains a plethora of information about the way writing can transform you and allow you to grow. The author has written multiple memoirs that aided her self-reflection, self-discovery and healing. It is her hope that those going through similar situations can read her novels and learn from her experiences and also grow from them.

The novel includes numerous writing prompts to get your creative mind flowing. After reading only a few pages into the book I was already excited at the possibilities the book contained for my own personal reflection and growth through writing and I couldn't wait to learn more.

I've always enjoyed reading and writing but I never thought about having the need, the strong drive and motivation to write as many authors will tell you they have. I've never thought much about the fact that I've always loved journaling my innermost thoughts and feelings and that that is the same drive that this author discusses. When I think back to times in my life of frustration, I've always turned to my journal to get my thoughts out on paper and almost 100% of the time always felt better afterwards. It's like letting off steam and being aware that you've expressed yourself and acknowledged where the frustration is coming from and now you can move forward. When I think back on growing up, I've always enjoyed writing and to this day I continue to love writing. My love of reading and writing is what inspired me to start blogging in the first place.

Do you believe in good timing? I think timing plays a large role in our lives and this novel came at the perfect time for me personally. During the few days I spent reading this novel I found myself continuously inspired to write and blog and journal. It's inspired me to get back into more of my writing and I've decided to blog more lifestyle feature posts about topics that I find interesting and that inspire me. Who knows, maybe one day I'll be an author and write a book.

This book is certainly a core foundation for aspiring writers and authors. Even if your genre isn't memoirs, you can still learn so much from this book. I highly recommend this to anyone that enjoys writing, journaling, blogging, and writing poetry. This book has inspired me to write and I believe it can inspire you too. I was lucky enough to receive a printed copy of the novel and although I do love e-books I highly recommend you select a printed copy as it's much easier to highlight and flip back through a physical book and almost impossible to do the same in an e-book. Now that I've finished reading, I'm looking forward to going through the different suggested writing prompts to get my creative juices flowing.

---

### **Rebecca says**

**(3.5)** For Diana Raab, writing has been a way of coping with all that life has thrown at her, starting with her grandmother's suicide and also including her daughter's drug addiction and two bouts with cancer. She's written poetry, memoir, and various books on the writer's craft, with the latest, *Writing for Bliss*, specifically centered around life writing and mindfulness. In particular, I could see this one being helpful supplementary reading for those who have enjoyed Francine Prose's *Reading like a Writer* and Mary Karr's *The Art of Memoir*.

Some keywords Raab emphasizes are **patience, journey, healing, and transformation**. Writing is often a long process, but it can also be a therapeutic one. It's important to find a sacred space of one's own – whether literal like Virginia Woolf's room of one's own, or simply a repurposed space that has been made conducive with candles and family photos. Raab encourages would-be memoir writers to look at the patterns in their lives and to focus on writing about moments that are relevant to the story of their personal growth.

As to the nitty-gritty of getting words onto the page, she insists that life writing is just as much about storytelling as fiction is. Fleshing out a story is more important than chronological accuracy, and she advises striving for a mixture of narrative, dialogue, scenes and reflection so that the resulting book does not seem like just a list of facts and events.

Raab also issues warnings. One is about causing offense by revealing family secrets. She suggests consulting the family members you intend to write about beforehand, and later running a rough draft past them for their approval. Another is about the danger of seeking one's self-worth in publishing. Not all books lead to traditional publication, so it's better if you write out of love and for yourself, simply because you find fulfillment in creativity.

This is a practical as well as a theoretical guide: 50 writing prompts are dotted through the text, and there's also an appendix full of more. I'm someone who doesn't necessarily aspire to write fiction, so I usually skip over such sections in a book about writing, but I think many of these could make a great launch pad for writing a personal essay. The book also ends with a terrific 15-page inventory of further reading, including a list of recommended memoirs.

Originally published on my blog, Bookish Beck.

---

## **Story Circle Book Reviews says**

Diana Raab quotes Joseph Campbell in the preface to Writing for Bliss: "If you follow your bliss, you put yourself on a kind of track that has been there all the while, waiting for you, and the life that you ought to be living is the one you are living."

In the introduction, Raab points out that "bliss" is "about learning what brings you joy, which is often connected to what you were meant to do with your life—your calling." Another way of following your bliss she says is to "follow your heart or to listen to your authentic inner voice" which she describes in more detail in the third step entitled "Speaking Your Truth."

Raab began writing in a journal when she was ten years old to help her deal with the suicide of her grandmother who had been her caretaker in her childhood home. Her grandmother had also been a journal keeper and it was Raab's mother who bought a red leather journal for her daughter so she could write what she was going through. Raab realized that writing about her grandmother was healing "as it allowed me to honor her and keep her alive, and it was also a way to come to some resolution about her suicide."

Raab continued to appreciate the healing effects of writing and the subject of her dissertation research was "the healing and transformative powers of personal narrative." She includes references to many writers including the ones she interviewed: Maxine Hong Kingston, Alexandra Styron, Kim Stafford, Monika Wesolowska and Mark Matousek.

Each chapter has writing prompts with additional prompts in the appendix. Whether or not readers will go on to publish their work, they will benefit from the many suggestions Raab offers such as "Creating a Sacred Space" and various techniques such as Mindfulness Meditation that can help people with their own sense of self-awareness.

In Step Four "Examining Your Life," Raab says that writing "also helps me discover meaning and find a container for my experiences. Writing as a spiritual practice is very liberating and satisfying." With the guidance Raab offers, readers will have an opportunity to explore and perhaps realize, the gifts that introspection can bring. As Raab says: "Writing your story activates the narrating part of your mind and thus can increase your sense of well-being, whether you share your writing with others or not."

In Step Five, "Finding Your Form," Raab describes various types of journals one can keep as well as essay writing, blogging, memoir and fiction writing.

As "poetry is the voice of the soul," Raab says, she has included "Unleashing with Poetry" as step six.

Raab's hope is that readers will become inspired to write "during their joyous and difficult times, while also experimenting with different genres and ways of writing and being."

In the final chapter "Sharing Your Writing," Raab says that when she began sharing her story she felt the intensity of her loss "and I began to integrate it into my life."

Tips on "Revising and Editing" are included as well as advice about "Showing Drafts to Others. Under the heading of "Publishing Basics," Raab points out that "if you write from your heart and write what you are passionate about, the chances of getting your work published and enjoyed by others are greater than if you write about a given subject because you think you should."

That's good advice from someone who has found writing to be a spiritual and wellness practice and led to the publishing of her work to inspire others. Many will benefit from the wisdom and encouragement Diana Raab shares in *Writing for Bliss*.

by Mary Ann Moore  
for Story Circle Book Reviews  
reviewing books by, for, and about women

---

### **Laura Reading says**

I recommend this book not only for writers and other creatives, but for anyone desiring to know themselves better and looking for connection.

Exceptionally well researched and documented, many of my favorite authors and passages are included.

In an easily readable and well organized style, Diana Raab gives us suggestions and prompts, exercises with which to dig more deeply, with minimal pain, to achieve results that are oh so valuable.

This is a book that will touch each reader individually. What you get out of it will depend upon how open you are and the effort and focus you add to it. Anyone who reads even a portion of this book will be changed for the better. I am not compensated for saying that. It is my honest opinion.

If you have a desire to get more from this life, to grow as a person, and to enjoy your time here, you will be

grateful for reading this book and acting upon her prompts.

---

### **Marisa Zeppieri-Caruana says**

To anyone currently writing their memoir or longing to begin their memoir, I highly recommend Writing for Bliss. I enjoy Diana's step by step process that starts with the foundational elements that can improve and encourage writing, such as setting up your space, meditation, mindfulness and discovering why you want to write a memoir - is it for healing, transformation, therapy or just bliss? As someone knee deep in the creation of her memoir, I enjoyed her section on finding your authentic voice in order for your memoir to resonate with its audience, as well as her section on writing your emotional truth. Writing for Bliss is also an excellent resource regarding the dos and donts of memoir, including (not) writing in order to seek revenge, and how to write about sensitive topics or elements that include other people, sex, etc. Sections are broken down into concise, information areas with tangible information, and you will be left with plenty of takeaways. It is also an easy read and can be completed in a few sittings. Most of all, I believe it will fan the flames of passion for anyone in love with the memoir genre and who is yearning to get their story on paper but isn't quite sure how or where to begin <3

---

### **Devi Laskar says**

Diana Raab's new book, "Writing for Bliss," is a gem. I've been writing for a long time, and yet this book and its seven steps for creating and maintaining a sustainable writing life is great for the seasoned writer as well as the beginner. Chock full of sound advice, focused strategies and terrific writing prompts, I returned to its pages many times and learned something new. The book is infused with stories from the author's own life as well as wisdom from the classics and the greats including poet Rumi, Virginia Woolf, Buddhist monk Thich Nhat Hanh, Anais Nin, Khalil Gibran and The Woman Warrior author Maxine Hong Kingston. Raab's book has seven steps that range from guides and strategies for preparation, examining the "truth" in personal stories and transforming them into viable professional writing, and the types of writing sources and forms, from dreams to tools for journaling travel and gratitude. Because I'm a poet, my favorite step was number six: "Unleashing with Poetry." Along with credentials in non-fiction and a PhD, Raab is an accomplished poet. Her wisdom and tips were very helpful, and I was proud of my writing that came out of the prompts that were in the poetry section of the book. I highly recommend "Writing for Bliss" to writers both old and new, and to anyone looking to form good writing habits, and those who are experiencing writers block and need a step by step guide to achieving a happy writing life. Congratulations Diana!

---

### **Leila says**

I signed up to read and review Writing for Bliss because writing has always been a part of my life.

From my first "published" book in first grade (typed, printed and made into a hard cover in a time when computers were just starting to be a "thing"), I have written.

Notebooks upon notebooks are full of stories, poems, lyrics. Um, hello. I am the proud owner of 4 blogs! I am a writer.

When I started reading Writing for Bliss, I started getting concerned with the Foreword and Acknowledgements. I got concerned it may not be what I expected or would interest me, but one sentence in the preface stopped me cold in my tracks –

“My beginnings as a writer began when I was ten years old, writing in my journal to help me cope and heal from the suicide of my grandmother.”

I have always journalled. My greatest pains and fears are written in words.

My grandfather committed suicide.

I am going to relate to this author and I could not wait to see what this book was going to teach me so I could write better and more.

And I am going to be honest – I haven’t finished reading the entire book because every time I read a section, I have to stop and write notes in my bullet journal so I can come back to it later! I am not even doing the writing prompts yet (trust me, I will) but every time I pick up the book to start reading, I get an idea or get inspired and have to make a note so I don’t forget! On top of my blogs – I have 4 book ideas already started with notes and outlines!

I love this book! It has to be the best “self help” book I have read and cannot wait to finish it and then go back through it again for the writing prompts and then go through it again!

If you like to write or you want to write – this book is a great way to get started.

My oldest daughter enjoys writing as well so I am thinking I am going to pass this on to her to read as well so she can be inspired in her writing too!

Definitely a must grab book!

---

### **Nessa McCasey says**

There are gems of goodness in this book by Diana Raab. This is a book unlike any other I have read, both about writing and about writing therapy/poetry therapy. It is a great mixture of the two! Her sections are easy to follow (how I adore lists - Seven Steps!) and there were wonderfully useful surprises in several sections: In Step One, the parts that were especially meaningful to me were about grounding (including how to) and the mind, body, spirit connection. I plan to bring these ideas into my own poetry therapy practice (as well as my own writing ritual). Step Two was filled with amazing knowledge and sharings about psychology, and transpersonal techniques, from meditation, mindfulness, and setting intentions. All applied to writing can be so very useful. Raab guides you into these topics with details and it is as if you are now have her on your shoulder for support as you write! She explores various forms of writing (memoir, journaling, poetry, etc.) and delves into issues such memory (or challenges of memory) and about writing and publishing when family/friends are involved and may negatively react. You will learn a lot about writing for yourself and others in this book. I personally love learning and this book has been a wonderful learning for me to use in my own life and in working with others!

---

## **Happy Booker says**

Writing for bliss is a psychology self- help book written about ways to heal and deal with trauma and stress, through writing. The author uses this technique in order to tell her story and transforms her life. Writing is therapeutic and she encourages people by supplying them with seven ways on achieving this blissful stage of life.

This, by far is one of the best books I have ever read. It is so organized and well thought out that everyone should have it. From preparing to write, cultivating self-awareness, speaking the truth, to finding your form and sharing your writing, the author displays a rich and well-worth learning experience for a writer.

The book even goes into detail about how you can write about sex and intimacy or write love letters and what to include when revising or editing a piece. There is nothing off topic and everything receives a well in-depth placement in this book.

Anyone searching for a therapeutic way to heal or to deal with trauma can benefit from this book. It encourages you to write a memoir and to keep a diary. I specifically loved how the author invites you to write without thought, making you realize later where your train of thoughts take you and how significant the outcome of it is.

I highly recommend this book to writers, psychology majors and anyone that wishes to heal through writing.

---

## **Charles Francis says**

Diana Raab's new book, Writing for Bliss, reminds me of a time when I was young. I wrote out my entire life history of meaningful events, and shared them with another person. The process helped me put things into better perspective, as opposed to just having the painful memories floating around in my head taking jabs at my emotions. What a liberating experience it was. I was able to leave my past where it belonged—in the past.

Dr. Raab offers you a blueprint for transforming your life through writing. Her insightful book is full of great writing prompts to help you gain clarity of past events in your life, and the emotions associated with them. Writing for Bliss takes transformation through writing to another level. It will help you remove the thorns in your psyche, so you can free yourself from the bondage of your past, and realize true inner peace and happiness. I highly recommend her new book!

---