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The Diarists'
Workshop

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The Diarists' Workshop

A School of Personal Writing and Creative Journaling

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Recommended Reading

Creativity and Writing

- Aldrich, Anne Hazard. *Notes from Myself: A Guide to Creative Journal Writing*. New York: Carroll & Graf, 1998.
- *Berg, Elizabeth. *Escaping into the Open: The Art of Writing True*. New York: Harper Collins, 1999
- Cameron, Julia. *The Artist's Way: A Spiritual Path to Higher Creativity*. New York: G. P. Putnam's Sons, 1992.
- _____. *The Right to Write*. New York: Jeremy P. Tarcher, 1998.
- _____. *The Vein of Gold: A Journey to Your Creative Heart*. New York: G. P. Putnam's Sons, 1996.
- *Dorff, Francis. *Simply Soul Stirring: Writing as a Meditative Practice*. Mahwah, NJ: Paulist Press, 1998.
- *Goldberg, Natalie. *Thunder and Lightning: Cracking Open the Writer's Craft*. New York: Bantam, 2000.
- _____. *Wild Mind: Living the Writer's Life*. New York: Bantam Books, 1990.
- _____. *Writing Down the Bones: Freeing the Writer Within*. Boston: Shambhala, 1986.
- Rainer, Tristine. *Your Life as Story: Discovering the 'New Autobiography' and Memoir Writing as Literature*. New York: Jeremy P. Tarcher, 1998.
- Rico, Gabriele. *Pain and Possibility: Writing the Natural Way: Using Right-Brain Techniques to Release Your Expressive Powers. Revised ed.* New York: Jeremy P. Tarcher, 2000.

Journaling

- Adams, Kathleen. *Journal to the Self*. New York: Warner Books, 1990.
- *Baldwin, Christina. *Life's Companion: Journal Writing as a Spiritual Quest*. New York: Bantam Books, 1990.
- _____. *One to One: Self-Understanding Through Journal Writing*. New York: M. Evans, 1977.
- Bender, Sheila. *Keeping a Journal You Love*. Cincinnati, OH: Walking Stick Press, 2001.
- _____. *A Year in the Life: Journaling for Self-Discovery*. Cincinnati, OH: Walking Stick Press, 2000.
- Borkin, Susan. *Writing from the Inside Out: Using a Journal for Personal Growth and Transformation*. Los Altos, CA: Center for Personal Growth and Development, 1995.

- Capacchione, Lucia. *The Creative Journal: The Art of Finding Yourself. Second ed.* Franklin Lakes, NJ: New page Books, 2001.
- Chapman, Joyce. *Journaling for Joy: Writing Your Way to Personal Growth and Freedom.* North Hollywood, CA: Newcastle, 1991.
- Field, Joanna. *A Life of One's Own.* New York: G. P. Putnam's Sons, 1981.
- Guarino, Lois. *Writing Your Authentic Self: The Omega Institute Mind, Body, Spirit.* New York: Dell, 1999.
- *Hagan, Kay Leigh. *Internal Affairs: A Journal Keeping Workbook for Self-Intimacy.* New York: HarperCollins, 1990.
- Holzer, Burghild Nina. *A Walk Between Heaven and Earth.* New York: Bell Tower, 1994.
- Jacobs, Rita D. *The Way In: Journal Writing for Self-Discovery.* New York: Stewart, Tabori & Chang, 2001.
- *Johnson, Alexandra. *Leaving A Trace: The Art of Transforming a Life into Stories.* Boston: Little, Brown, and Company, 2001.
- Klug, Ronald. *How to Keep a Spiritual Journal.* Minneapolis, MN: Augsburg, 1993.
- Moon, Janell. *Stirring Your Waters: Writing to Find Your Spirit.* Boston: Tuttle, 2001.
- Neimark, M.D., Neil F. *The Handbook of Journaling: Tools for the Healing of Mind, Body & Spirit. Second ed.* Irvine, CA: R.E.P. Technologies, 2000.
- Price, Daniel. *How to Make a Journal of Your Life.* Berkeley, CA: Ten Speed Press, 1999.
- Progoff, Ira. *At a Journal Workshop.* New York: G.P. Putnam's Sons, 1978.
- _____. *Life-Study: Experiencing Creative Lives by the Intensive Journal Method.* New York: Dialogue House, 1983.
- *Rainer, Tristine. *The New Diary.* New York: G.P. Putnam's Sons, 1978.
- Rico, Gabrielle. *Writing Your Way Through Personal Crisis.* New York: Jeremy P. Tarcher, 1991.
- *Schiwy, Marlene. *A Voice of Her Own: Women and the Journal-Writing Journey.* New York: Simon and Schuster, 1996.

Journal Making

- Doggett, Sue. *Bookworks: Books, Memory and Photo Albums, Journals, and Diaries Made by Hand.* Salt Lake City, UT: Watson-Guptill, 1998.
- Fox, Gabrielle. *The Essential Guide to Making Handmade Books.* Salt Lake City, UT: North Light Books, 2000.
- Hinchman, Hanna. *A Life in Hand: Creating the Illuminated Journal.* Layton, UT: Gibbs Smith, 1999.
- Thompson, Jason. *Making Journals by Hand: 20 Creative Projects for Keeping Your Thoughts.* Gloucester, MA: Rockport Books, 2000.
- Tourtillott, Suzanne J. E. *Making and Keeping Creative Journals.* Asheville, NC: Lark Books, 2001.

Periodicals

There are a number of journaling newsletters on the Internet. The listing below is the only print publication for diarists, as of this writing. Personal Journaling Magazine: <http://www.journalingmagazine.com>. Published bi-monthly by Writer's Digest, Inc., this publication serves as "a companion for your journal writing." The Internet site gives information on current and back issues.

*: Highly recommended

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