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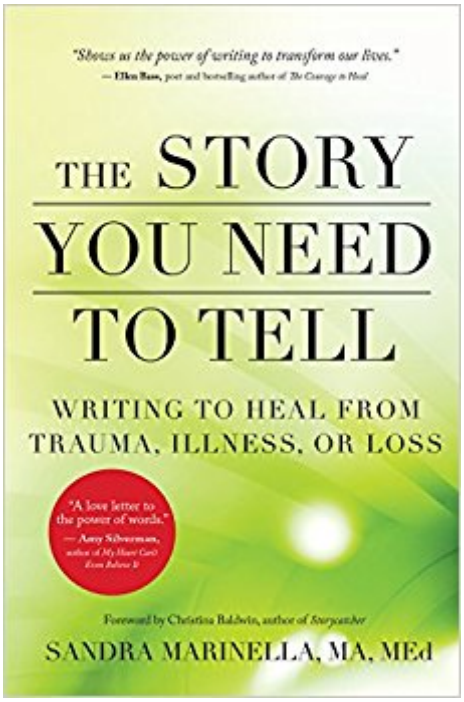
The Story You Need To Tell: Writing To Heal From Trauma, Illness, Or Loss



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Synopsis

A practical and inspiring guide to transformational personal storytelling, The Story You Need to Tell is the product of Sandra Marinellaâ ™s pioneering work with veterans and cancer patients, her years of teaching writing, and her research into its profound healing properties. Riveting true stories illustrate Marinellaâ ™s methods for understanding, telling, and editing personal stories in ways that foster resilience and renewal. She also shares her own experience of using journaling and expressive writing to navigate challenges including breast cancer and postpartum depression. Each of the techniques, prompts, and exercises she presents helps us â œto unravel the knot inside and to make sense of loss.â •

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Customer Reviews

â œSandra Marinella has written a wonderful guide for all those struggling to make sense of the story of their lives! It can serve as the perfect prescription for real healing.â •â ” Susan M. Love, MD, author of Dr. Susan Loveâ ™s Breast Bookâ œSandra Marinellaâ ™s The Story You Need to Tell is a collection of illuminating stories that shows us the power of writing to transform our lives.â •â ” Ellen Bass, poet and bestselling author of The Courage to Heal, Beginning to Heal, Like a Beggar, Mules of Love, The Human Line, and Free Your Mindâ œSandra Marinella deserves our recognition for her years of dedicated work with writers, veterans, and cancer patients. Her incredible research, her networking, and her gift for words should carry this book into the pantheon of great books on writing.â • â ” Christina Baldwin, author Storycatcher and Lifeâ ™s Companionâ œSandra Marinella brings keen research skills, a brilliant storytelling voice, and a distinguished teaching career to this

cohesive guide for writing the unspeakable. Her vivid prose twines her own powerful cancer story with dozens of other courageous voices, each writing the road from devastation to reclamation.â •â ” Kathleen Adams, LPC, director of the Center for Journal Therapyâ œSandra Marinella uses her own story as the inspiration for others who face insurmountable odds to rise up to their challenges, assess them, and conquer them. Thoughtfully written, deeply encouraging, and profoundly personal.â •â ” Laurie Notaro, New York Timesâ “bestselling author of The Idiot Girlsâ ™ Action-Adventure Club and Autobiography of a Fat Brideâ œOne does not have to be a writer to gain insight from this book . . . especially relevant for those who are inclined toward journaling and putting their feelings on the page.â •â ” Library Journalâ œSandra Marinellaâ ™s passion and enthusiasm for writing shine throughout this poignant and insightful book. With the skills and experience of a seasoned writing teacher, she shares with us the tools to tell the stories we need to tell and reminds us of the healing power of writing.â •â ” Michael Ferguson, postdoctoral fellow, cognitive neuroscience, Cornell Universityâ œBoth Sandra Marinellaâ ™s writing and her workshops are filled with inspiration and love. Her words truly touch her audience.â •â ” Dale Yavitt, RRT, MPH, the Body, Mind, and Spirit Program Coordinator, Piper Cancer Center, Scottsdale, Arizonaâ œIn The Story You Need to Tell, Sandra Marinella inspires the vulnerable in all of us to be the strength in each of us. She has a unique form, transforming a sentiment of safety and empowerment through writing into healing. Her own story highlights the power of the written word and provides a guide to healing through writing. Her book and her work are transformational.â •â ” Courtney Klein, cofounder and CEO of SEED SPOTâ œMarinellaâ ™s practical direction and inspiring narrative invite readers to become writers. â ˆOur stories create us,â ™ she writes. â ˆAnd our writing can recreate us.â ™ The Story You Need to Tell is an important and beautiful book that I cannot wait to share with my students and others whose stories are aching to be told.â •â ” Judy Reeves, author of A Writerâ ™s Book of Days and Wild Women, Wild Voicesâ œIn The Story You Need to Tell, Sandra Marinella does just that â ” recounting her own personal and professional experiences with skill, wit, and bravery. She reaches out and tells the stories of others, too, weaving a strong safety net for any of us who need a nudge toward paper and pen. This book is a testament to the authorâ ™s courage, strength, and heart and a love letter to the power of words.â •â ” Amy Silverman, author of My Heart Canâ ™t Even Believe It: A Story of Science, Love, and Down Syndromeâ œUsing her work with cancer patients and veterans, as well as her own experience, Sandra Marinella guides you through the dark and lonely times of illness, trauma, and loss to the healing power of writing. With writing prompts designed to lead you deeper into self-reflection, she shows how you can discover your own strength through writing the story you need to tell. And â ”

most important of all â ” she offers the empowering realization that you can choose how you tell the story and what it means.â •â ” Barbara Abercrombie, author of A Year of Writing Dangerously and Courage & Craftâ œThe Story You Need to Tell inspires, uplifts, and teaches people who need to address the power of their memories and their stories how to stand in their truth and how to find words to express what is often inexpressible. Words heal, and Sandra Marinella will help you find yours.â •â ” Linda Joy Myers, president of the National Association of Memoir Writers and author of The Power of Memoir and Donâ ™t Call Me Motherâ œSandra Marinella has empowered us to take charge of our life story and to turn challenges into meaning and purpose. Telling our stories not only helps us heal from trauma but allows us to craft a beautiful life out of the ashes.â •â ” Dr. Norma Bowe, professor at Kean University, author of Perspectives on Community Mental Health, and subject of The Death Class: A True Story about Life

Writing teacher Sandra Marinella, MA, MEd, has taught thousands of students and fellow educators and presented hundreds of workshops to veterans, educators, and cancer patients. She lives near Phoenix, Arizona.

In The Story You Need To Tell, Sandra Marinella, gives us the techniques to cope with daily life through the beautiful gift of writing. The power of the written word and how it changes lives are captured in the personal stories of everyday people. Through her writing the reader engages in therapeutic writing prompts that allow one to explore his/herself as an individual. This is a rare book that is not just for personal use, but for the classroom. The captivating personal stories help us understand how people as a whole process our experiences and how writing is truly the window to our souls. A must read for every person no matter where he/she is on the journey of life.Highly recommended for use in high school and college classrooms.Diana Sokol

As a journal facilitator who has long been interested the ways our stories create our experience of reality, I was happy to discover the wisdom, common sense, and compassion in Sandra MarinellaÃ¢Â Â™s Ã¢Â ÂœThe Story You Need to Tell: Writing to Heal from Trauma, Illness, or Loss.Ã¢Â Â• She calls upon her own story, stories of her students and program participants, and a vast body of research from the last three decades to demonstrate the great power writing holds. Writing honestly about our thoughts and feelings can boost not only our emotional well-being but also our physical health (not surprising when you realize that our thoughts and emotions constantly create reactions within our bodies). Perhaps the most powerful benefits come from expressing our

pain and trauma on the page, releasing them safely and privately in our own way, rather than keeping them locked inside, where they can cause us damage. As Marinella writes, Ã¢Â ÂœWhen we are able to make our experiences language-based, or move them from our emotion-filled right brains into the words of our left brains, we can reach an understanding of what has happened. When we understand events, the interpreter in our brains can help us realign those pieces. When necessary, doing this can help us write new scripts that will allow us to move forward. Then our pain and confusion no longer serve as roadblocks.Ã¢Â Â•Along with much love and compassion, this book is packed with many practical writing prompts and suggestions that can help us do that realigning in the privacy of our journals and open our hearts to ourselves so that we can heal and expand our experience of life.

A very open, honest and inspiring book on how we all have a story to tell, that needs to be told.For anyone with a personal challenge, facing adversity, broken heart, in doubt or whatever may be holding you back in life, this book will give you a whole new perspective. I invite you to read it and be touched in the same way I was. Thank you Ms. Marinella for sharing, giving and loving all of us! Bravo!

"If we do not reflect on our experiences, we stand in danger of losing ourselves," the author writes in chapter one. Sharing her own experiences as a catalyst, she taught veterans and cancer patients how to use journaling to tell their stories. You will learn the basics of writing and then prompts to get you started. In all she encourages people to write out their experiences to heal themselves instead of burying it inside. Having written in personal journals for many years I know how therapeutic writing can be. I plan to use this book to help me write memoirs of my family life on a 1950’s farm, including the people and their religion. I hope I live long enough to get it all down!

The compelling stories from many suffering from loss, illness, and trauma are woven beautifully together with such comprehensive research and Marinella’s own story of healing that you can’t help but be inspired to tell your own story. Whether it’s coping with cancer, postpartum depression, post traumatic stress disorder, the loss of a loved one, or the pain everyone feels at some point in life, the detailed prompts at the end of each chapter will get you started writing the story you need to tell to begin your journey of discovery, insight, and healing. So much to learn from this read!

Well-written with a warm and distinctive voice, this book is for anyone who has experienced

pain--and who hasn't? The author includes personal stories from a wide range of people she interviewed and worked with over many years (plus her own experiences). I'm not a writer, didn't think I had a story I "needed to tell," and have never kept a journal, but her suggestions at the end of each chapter have me at my computer.

Loved this book especially the true life stories that Sandra shares. I am inspired by their outcomes and found so many positive takeaways from this book. Definitely for non writers too. Sandra's message is powerful!

I appreciated this book very much. I love how generous a book it is, how much heart and information it contains. It really is a beautiful and powerful work and weaves in so many lives and important stories. It's inspiring and informative.

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