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Writing Out the Storm: Reading and Writing Your Way Through Serious Illness or Injury

Barbara Abercrombie

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This powerful and deeply inspirational handbook is for anyone coping with serious illness or injury-be it theirs or that of a loved one-who wants and needs to help themselves through the healing process. Offering her own experience with breast cancer, as well as stories from other authors who have suffered from illnesses or severe injuries-from Stephen King to Lance Armstrong-Abercrombie encourages readers to write what is in their hearts and to benefit from the power of shared experience. Using writing as therapy, Writing Out the Storm is a book about healing the soul.

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