



# Writing for Your Life: Discovering the Story of Your Life's Jou

*Deena Metzger*

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**Writing for Your Life: Discovering the Story of Your Life's Jou** Deena Metzger

In the tradition of Annie Dillard and Natalie Goldberg, this resource for writers and non-writers alike shows the act of writing to be a dynamic means of knowing, healing, and creating the body, mind, and spirit.

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