

“The Art and Heart of Memoir”
Workshop Presented by Dr. MJ (Joan) Koerper
Wrightwood Literary Festival, 5.30.2015
Camp Mariastella, Wrightwood, CA.

An Invitation to further explore “The Art and Heart of Memoir”

Memoir and Personal Essays are part of the genre known as Creative Nonfiction. What is Creative Nonfiction? A concise essay of the same name can be found at www.creativenonfiction.org written by Lee Gutkind, often referred to as the “Grandfather of Creative Nonfiction.”

The resources below might pique your interest to further explore memoir, personal essay, creative nonfiction, and writing in general. Or just enjoy a good read in the genre. You might already be familiar with some, or many, of the suggestions below. No matter what level of writer we are, our tasks are to read and write. Enjoy!

Magazines:

Creative Nonfiction. Editor: Lee Gutkind. <https://www.creativenonfiction.org/>

Poets & Writers. www.pw.org

Writers Digest Magazine. www.writersdigest.com

The Writer. www.writermag.com

Additional informative website: Inlandia Literary Institute. www.inlandia institute.org

About creative nonfiction/memoir/personal essay

Barrington, Judith. 2002. *Writing the Memoir: From Truth to Art*. Portland, OR: The Eighth Mountain Press.

Forche, Carolyn. 2001. The “new” literature. In *Writing creative nonfiction*, ed. Carolyn Forche and Philip Gerard, 104-113. Cincinnati, OH: Story Press.

Forche, Carolyn, and Philip Gerard, 2001a. Introduction: Creative nonfiction: An adventure in lyric, fact and story. In *Writing creative nonfiction*, ed. Carolyn Forche and Philip Gerard, 1-4. Cincinnati, OH: Story Press.

_____, eds. 2001b. *Writing creative nonfiction*. Cincinnati, OH: Story Press.

Gerard, Philip. 1996. *Creative nonfiction: Researching and crafting stories of real life*. Cincinnati, OH: Story Press.

Gornick, Vivian. 2002. *The situation and the story: The art of personal narrative*. NY: Farrar, Straus and Giroux.

Gutkind, Lee. 1996. *Creative nonfiction: How to live it and write it*. Chicago: Chicago Review Press.

_____. 1997. *The art of creative nonfiction*. New York: John Wiley & Sons.

_____. 2001. Becoming the Grandfather of Creative Nonfiction. In *Writing creative non-fiction*, ed. Carolyn Forche and Philip Gerard, 170-180. Cincinnati, OH: Story Press.

_____. 2003/2015. What is creative nonfiction? *Creative nonfiction*.

www.creativenonfiction.org/what-is-creative-nonfiction. Accessed 4.9.2015.

_____. 2012. *You can't make this stuff up: The complete guide to writing creative nonfiction—from memoir to literary journalism and everything in between*. Da Capo Lifelong Books.

_____. 2004. *In fact: The best of creative nonfiction*. NY: W.W. Norton & Company.

_____, and Hattie Fletcher, eds. 2008. *Keep it real: Everything you need to know about researching and writing creative nonfiction*. NY: W.W. Norton & Co.

_____, ed. 2015. *Creative Nonfiction. The memoir issue*. Issue #55. Spring. www.creativenonfiction.org.

Hampl, Patricia. 1999. *I could tell you stories: Sojourns in the land of memory*. New York: W. W. Norton.

Heilbrun, Carolyn G. 1988. *Writing a woman's life*. New York: Ballentine Books.

Hemley, Robin. 2001. The loneliness of the long-distance writer. In *Writing creative non-fiction*, eds. Carolyn Forche and Philip Gerard, 57-66. Cincinnati, OH: Story Press.

King, Stephen. 2000. *On writing: A memoir of the craft*. NY: Scribner.

Lopate, Phillip. 2013. *To show and to tell: The craft of literary nonfiction*. Free Press.

April 9, 2015

- _____. 1995. *The art of the personal essay: An anthology from the classical era to the present*. Anchor Books paperback.
- Metzger, Deena. 1992. *Writing for your life: A guide and companion for the inner worlds*. San Francisco: HarperSanFrancisco.
- Miller, Brenda. 2001. A braided heart: shaping the lyric essay. In *Writing creative non-fiction*, eds. Carolyn Forche and Philip Gerard, 14-24. Cincinnati, OH: Story Press.
- Miller, E. Ethelbert. 2001. Excerpts from *Fathering words: The making of an African American writer*. In *Writing creative non-fiction*, eds. Carolyn Forche and Philip Gerard, 162-163. Cincinnati, OH: Story Press.
- Moore, Dinty W. 2010. *Crafting the personal essay: A guide for writing and publishing creative nonfiction*. Writer's Digest Books.
- _____. 2012 *The Rose Metal Press field guide to writing flash nonfiction: Advice and essential exercises from respected writers, editors and teachers*. Rose Metal Press.
- _____. 2012. *The mindful writer: Noble truths of the writing life*. Wisdom Publications.
- _____. 2006. *The truth of the matter: Art and craft in creative nonfiction*. Longman.
- _____. 2001. The comfortable chair: Using humor in creative nonfiction, In *Writing creative non-fiction*, eds. Carolyn Forche and Philip Gerard, 122-129. Cincinnati, OH: Story Press.
- Pearson, Michael. 2001. Researching your own life. In *Writing creative non-fiction*, ed. Carolyn Forche and Philip Gerard, 45-49. Cincinnati, OH: Story Press.
- Palumbo, Dennis. 2000. *Writing from the inside out*. New York: John Wiley and Sons.
- Williams, Terry Tempest. 2001. Why I write. In *Writing creative non-fiction*, ed. Carolyn Forche and Philip Gerard, 6-7. Cincinnati, OH: Story Press.
- Williford, Lex, and Michael Martone. 2007. *Touchstone anthology of contemporary creative nonfiction: Work from 1970 to the present*. NY: Simon and Schuster.

About writing

- Atwood, Margaret. 1989. Introduction to *Women writers at work: The Paris review interviews*, ed. George Plimpton. New York: Penguin Books.
- _____. 2002. *Negotiating with the dead: A writer on writing*. Cambridge, United Kingdom: Cambridge University Press.
- Barnstone, Tony, and Chou Ping, trans. 1996. *The art of writing: Teachings of the Chinese masters*. Boston: Shambala.
- Cameron, Julia. 2002. *The artist's way*. New York: Jeremy P. Tarcher/Putnam.
- _____. 1998b. *The right to write: An invitation and initiation into the writing life*. New York: Jeremy P. Tarcher/Putnam.
- _____. 2001. *Inspirations: Meditations from the artist's way*. New York: Jeremy P. Tarcher/Putnam
- Dillard, Annie. 1989. *The writing life*. New York: HarperPerennial.
- Eiben, Therese, and Mary Gannon, with the staff of Poets & Writers Magazine, eds. 2004. *The practical writer: From inspiration to publication*. NY: Penguin.
- Flack, Audrey. 1986. *Art and soul: Notes on creating*. New York: Penguin.
- Goldberg, Natalie. 1986. *Writing down the bones: Freeing the writer within*. Boston, MA: Shambhala Press.
- Hirshfield, Jane. 2015. *How great poems transform the world*. NY: Knopf
- _____. 1998. *Nine gates: Entering the mind of poetry, essays*. NY: HarperPerennial.
- Ji, Lu. n.d/1996. [300] The art of writing. In *The art of writing: Teachings of the Chinese masters*, trans. Tony Barnstone and Chou Ping, 7-20. Boston: Shambala, 1996.
- Kingsolver, Barbara. 2015. <http://www.kingsolver.com/faq/about-writing>.
- Lamott, Anne. 1994. *Bird by bird: Some instructions on writing and life*. New York: Random House.
- Oliver, Mary. 1994. *A poetry handbook: A prose guide to understanding and writing poetry*. San Diego, CA: Harcourt.
- Pearlman, Mickey, and Katherine Usher Henderson. 1990. *A voice of one's own: Conversations with America's writing women*. The University Press of Kentucky.
- Progoff, Ira. 1975/1992. *At a journal workshop: Writing to access the power of the unconscious and evoke creative ability*. Los Angeles, CA: Jeremy P. Tarcher, Inc.

- Rabiner, Susan and Alfred Fortunato. 2002. *Thinking like your editor: How to write great serious nonfiction--and get it published*. New York: WW Norton and Co.
- Tu, Sikong, [837-908]/1996. The twenty-four styles of poetry. In *The art of writing: Teachings of the Chinese masters*, trans. Tony Barnstone and Chou Ping, 25-39. Boston: Shambala, 1996.
- Whyte, David. 1996. *The heart aroused: Poetry and the preservation of the soul in corporate America*. New York: Doubleday.
- Williams, Terry Tempest. 2001. Why I write. In *Writing creative non-fiction*, ed. Carolyn Forché and Philip Gerard, 6-7. Cincinnati, OH: Story Press.

Examples of creative nonfiction

- Abbey, Edward, ed. 1984. *The best of Edward Abbey*. San Francisco, CA: Sierra Club Books.
- Anderson, Lorraine, ed. 1991. *Sisters of the earth*. New York: Vintage Press.
- Atwood, Margaret. 1989. Introduction to *Women writers at work: The Paris review interviews*, ed. George Plimpton. New York: Penguin Books.
- Bateson, Mary Catherine. 1990. *Composing a life*. New York: Penguin Books.
- _____. 1993. Composing a life. In *Sacred stories: A celebration of the power of stories to transform and heal*, ed. Charles Simpkinson and Anne Simpkinson, 39-52. New York: HarperCollins.
- _____. 1994. *Peripheral visions: Learning along the way*. New York: HarperCollins.
- _____. 2000. *Full circles, overlapping lives: Culture and generation in transition*. New York: Random House.
- Beers, Terry, ed. 2000. *Unfolding beauty: Celebrating California's landscapes*. Santa Clara, CA: Santa Clara University and Berkeley, CA: Heyday Books.
- Bender, Sue. 1995. *Everyday sacred: A woman's journey home*. San Francisco: HarperSanFrancisco.
- Bryson, Bill. 2006. *A walk in the woods: Rediscovering America on the Appalachian Trail*. NY: Transworld Publishers/Doubleday.
- Carpenter, Helen. 1895/1992. "The Mitchells." In *No rooms of their own: Women writers of Early California*, ed. Ida Rae Egli, 81-91. Berkeley, CA: Heyday Books. 1992
- Carroll, Rebecca. 1994. *I know what the red clay looks like: The voice and vision of Black women writers*. New York: Crown.
- Conway, Jil Ker. 1991. *The road from Coorain*. New York: Vintage Press.
- Cousineau, Phil. 2001. 1998. *The art of pilgrimage: The seeker's guide to making travel sacred*. Berkeley, CA: Conari Press.
- Cortes, Carlos E. 2012. *Rose Hill: An Intermarriage before Its Time*. Berkeley, CA: Heyday Press; Riverside, CA: Inlandia Institute.
- Egley, Ida Rae, ed. 1992. *No rooms of their own: Women writers of Early California*. Berkeley, CA: Heyday Books.
- Eiseley, Loren. 1957. *The immense journey*. New York: Vintage Books.
- Ephron, Nora. 2006. *I feel bad about my neck and other thoughts on being a woman*. NY: Knopf.
- Fleck, Richard F., ed. 2000. *A Colorado River reader*. Salt Lake City: University of Utah Press.
- Griffin, Susan. 1978. *Woman and nature: The roaring inside her*. New York: Harper and Row.
- Hammerschlag, Carl A., M.D. 1988. *The dancing healers: A doctor's journey of healing with Native Americans*. San Francisco: HarperSanFrancisco.
- Higson, Michael, with Susy Flory. 2011. *Thunder dog: The true story of a blind man, his guide dog & the triumph of trust at ground zero*. Nashville: Thomas Nelson.
- Inlandia Literary Institute. www.inlandia institute.org
- _____. Inlandia Literary Journeys Blog. <http://localauthors.pe.com>.
- Koerper, Joan. 2014. Easy, He Said. In *Down in the Dirt Magazine*, "I Pull the Strings" issue V121, Jan/Feb. <http://scars.tv> then go to Down in the Dirt Magazine.
- _____. 2005. The Sacred Fires of La Loba. In *Sacred Fire: Connecting with the Power and Mystery of Fire*, ed. Maril Crabtree. 105-109. Avon, MA: Adams Media, 2005.
- _____. 2004. Sacred Embers, Awe and Ash. In *Moondance: Celebrating Creative Women*. www.moondance.org/2004/fire04/bot/embers.html.
- Lopez, Barry Holstun. 1976. *Desert notes: Reflections in the eye of a raven*. New York: Avon
- _____. 1978. *New York: Of wolves and men*. New York: Charles Scribner's Sons
- _____. 1981. *Winter count*. New York: Avon

- _____. 1986 *Arctic Dreams: Imagination and desire in a northern landscape*. New York: Charles Scribner's Sons
- _____. 1989. *Crossing open ground*. New York: Vintage Books
- Luchetti, Cathy, in collaboration with Carol Olwell. 1982. *Women of the West*. St. George, Utah: Antelope Island Press.
- Moore, Dinty W. 1997. *The accidental Buddhist*. New York: Broadway Books.
- Nava, Yolanda. 2000. *It's all in the frijoles: 100 Famous Latinos share real-life stories, time-tested dichos, favorite folktales, and inspiring words of wisdom*. NY: Fireside (Simon & Schuster)
- Nolan, Ruth, ed. 2009. *No place for a Puritan: The literature of California's Deserts*. Berkeley, CA: Heyday Press.
- Norris, Kathleen. 1993. *Dakota: A spiritual geography*. New York: HoughtonMifflin.
- _____. 1996. *The cloister walk*. New York: Riverhead Books.
- O'Brien, Stacey. 2008. *Wesley the owl: The remarkable love story of an owl and his girl*. NY: Free Press.
- Olson, W. Scott, and Scott Cairns. 1996. *The sacred place: Witnessing the holy in the physical world*. Salt Lake City, UT: University of Utah Press.
- Parker, Jameson. 2012. *An Accidental Cowboy*. Amazon Digital Services.
- Perkins, Edna Brush. 1922/2009. Excerpt from *The White Heart of Mojave*. In *No place for a Puritan: The Literature of California's Deserts*, ed. Ruth Nolan, 67-68. Berkeley, CA: Heyday Press.
- Rabiner, Susan, and Alfred Fortunato. 2002. *Thinking like your editor*. New York: W. W. Norton
- Rhyne, Teresa J. 2012 *The dog lived (and so will I): A memoir*. Naperville, IL: Sourcebooks.
- _____. 2014. *The dogs were rescued (and so was I): A memoir*. Naperville, IL: Sourcebooks.
- Seligmann, Aira. 2003. Q&A: Terry Tempest Williams. *Eugene weekly*, June 5.
<http://www.alternet.org/print.html?StoryID=16090> (accessed 8 September 2003).
- Shockley, Ann Allen, ed. 1988. *Afro-American women writers 1746-1933: An anthology and critical guide*. Boston, MA: G.K. Hall & Co.
- Steindl-Rast, David, O.S.B., with Sharon Lebell. 1995. *The music of silence: Entering the sacred space of monastic experience*. San Francisco: HarperSanFrancisco
- Stockton, Shreve. 2008. *The daily coyote: A story of love, survival, and trust in the wilds of Wyoming*. NY: Simon and Schuster.
- Strayed, Cheryl. 2012. *Wild: From lost to found on the Pacific Crest Trail*. Vintage/Random House.
- Sumrall, Amber Cloverdale, and Patrice Vecchione, eds. 1997. *Storming heaven's gate: An anthology of spiritual writings by women*. NY: Plume/Penguin.
- Teale, Edwin May, ed. 1954. *The Wilderness World of John Muir*. NY: Houghton Mifflin.
- Yamauchi, Wakako; edited and with an introduction by Garrett Hongo. 1994. *Songs my mother taught me: Stories, plays and memoir*. City University of New York: The Feminist Press.
- Whyte, David. 1990. The well of grief. In *Where many rivers meet* by David Whyte. Langley, WA: Many Rivers Press.
- _____. 1993. The soul and the world. In *Earth & spirit: The spiritual dimension of the environmental crisis*, ed. Fritz Hull, 58-64. New York: Continuum.
- Williams, Terry Tempest. 1984. *Pieces of white shell: A journey to Navajoland*. Albuquerque, NM: University of New Mexico Press.
- _____. 1989a. *Coyote's canyon*. Salt Lake City, UT: Peregrine Smith Book.
- _____. 1989b. The bowl. In *Coyote's canyon*. Salt Lake City, UT: Peregrine Smith.
- _____. 1991. *Refuge: An unnatural history of time and place*. New York: Vintage Books.
- _____. 1994. *An unspoken hunger: Stories from the field*. New York: Vintage Press.
- _____. 2000. *Leap*. New York: Vintage Books.
- _____. 2003. A picture of peace. Forward to *The poetry of peace*, ed. David Krieger. Santa Barbara, CA.: Capra Press.
- Wattawa, Gayle, ed. 2006. *Inlandia: A literary journey through California's Inland Empire*. Berkeley, CA: Heyday Books
- Witzling, Mara R., ed. 1991. *Voicing our visions: Writings by women artists*. New York: Universe Press.
- Wood, Beatrice. 1985. *I shock myself*. San Francisco: Chronicle Books.