



# Rewrite Your Life: Discover Your Truth Through the Healing Power of Fiction

*Jessica Lourey*

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## **Rewrite Your Life: Discover Your Truth Through the Healing Power of Fiction** Jessica Lourey

According to common wisdom, we all have a book inside of us. But how do we select and then write our most significant story? the one that helps us to evolve and invites pure creativity into our lives, the one that people line up to read? In *Rewrite Your Life*, creative writing professor, sociologist, and popular fiction author Jess Lourey guides you through the redemptive process of writing a healing novel that recycles and transforms your most precious resources? your own emotions and experiences.

This fact-to-fiction process provides not only the essential building blocks of best-selling novels, but is also personally transformative. Based on the process the author developed and field-tested in the wake of her husband's suicide and discussed in her popular TEDx Talk, *Rewrite Your Life* is devoted to the practice of discovering, healing, and evolving through fiction writing. It combines research, practical and engaging guidance, and personal experience to meet readers where they are and take their creativity and personal growth to the next level.

Tender, raw, and laugh-out-loud funny, *Rewrite Your Life* offers both a map and a compass for those seeking to harvest their life experiences to heal, lead a more authentic life, and craft a rich, powerful work of fiction.

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