

MEDIA INTERVIEW

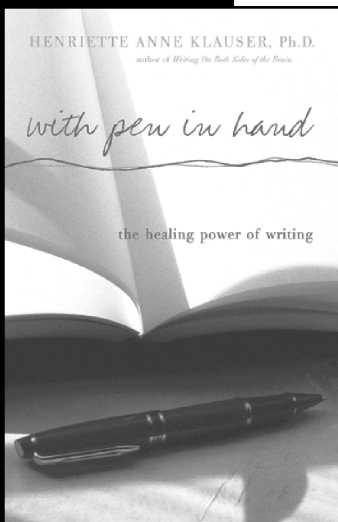


Help Your Audience *Heal Emotional Pain Without Taking Medication or Paying A Therapist to Listen*

Well-known author Henriette Anne Klauser has some answers

Popular Questions About the Topic:

- Does your book have anything to say to those who are experiencing anxiety about world events today?
- Why does writing heal? Why not just talk to someone who will listen?
- Do you have to be a “good” writer for this to work?
- Do you need a fancy, leather-bound journal or can you write in a Mead notebook?
- What about writing on a computer or a PDA?
- Why do you suggest noting what you are eating and the time of day?
- What is the difference between *closure* and *integration*?
- What do you mean by RealTime™ Writing?
- What is a *Pity Party*? Why does it help to note *Magic Moments*?
- When you say healing do you mean only emotional healing, or can writing help physical healing, too?
- What is *Twilight Writing*?
- Can you go back and heal something that happened a long time ago?
- Is this just for big losses and huge grief?
- Is there any medical testimony to support your approach?
- What kinds of writing are especially helpful in dealing with the difficulties of everyday life?
- How can writing help in important decision-making?



 PERSEUS PUBLISHING

Henriette Anne Klauser is the author of *Writing on Both Sides of the Brain*, *Put Your Heart on Paper*, *Write It Down*, *Make It Happen*, and the new, *With Pen in Hand: The Healing Power of Writing*.

Schedule Henriette Anne Klauser today.

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