



Writing Motherhood

Lisa Garrigues

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Have you always wanted to chronicle your experience of motherhood, but never knew how to begin? Are you looking for an outlet for self-expression, but can't imagine how you could juggle one more thing? In *Writing Motherhood*, longtime writing teacher Lisa Garrigues dispels the myth that motherhood is an impediment to creativity. Drawing on her own efforts to balance the demands of motherhood with her dream of writing, she shows readers how everyday life can be a rich source of stories, and how writing can provide a means to both understand and document their experiences. Whether you are a new mother or a grandmother, someone who has long aspired to write or someone who has never written before, *Writing Motherhood* will help you find your voice and tap into your creative self.

Filled with insight, honesty, and humor, each chapter of *Writing Motherhood* weaves together stories from the author's life with wisdom from other writers and mothers. In daily writing Invitations, Lisa then encourages readers to tell their own stories. Along the way, she reveals how to:

- Start and fill a Mother's Notebook -- in just fifteen minutes a day.
- Silence the critical voices that stifle creativity.
- Throw away the rules that bind the imagination.
- Carve out the time and space for writing.
- Find a community of other mothers who want to write.

Beautifully written and thought-provoking, this inviting and inspiring book will strike a chord with any mother looking to explore and reflect on her experience of motherhood. Here she will discover that mothering provides endless material for writing at the same time that writing brings clarity and wisdom to mothering. *Writing Motherhood* is an essential guide for mothers at every age and stage of life.

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