

DORA E. MCQUAID

ONE WOMAN'S VOICE

RECOMMENDED RESOURCES AND READINGS

COMPANION TO DORA E. MCQUAID'S ORIGINAL WORKSHOPS:

*The Alchemical Heart: Writing into The Sacred
Into The Heart of Grace
A String of Words and Voices
Own Your Voice, Own The Room
Empowering The Survivor's Voice: Writing as a Means to Healing*

A list of publications focusing on writing, the writing process, women writers, creativity, spirituality, and healing that are useful for individual and group activities and exploration.

Angelo, Jill. Sacred Space: Turning Your Home Into a Sanctuary. Oakland: Kion Yamaguchi Press, 2015.

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----- The Heart of A Woman. New York: Random House, 1981.

----- I Know Why The Caged Bird Sings. New York: Random House, 1969.

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Bass, Ellen and Davis, Laura. The Courage To Heal: A Guide for Survivors of Child Sexual Abuse. New York: Harper Collins, 1994.

----- Beginning to Heal (Revised Edition): A First Book for Men and Women Who Were Sexually Abused As Children. New York: William Morrow, 2003.

- Bass, Ellen and Thornton, Louise, eds. I Never Told Anyone: Writings By Women Survivors of Childhood Sexual Abuse. New York: Harper and Row, 1983.
- Beck, Martha. Finding Your Way in a Wild New World: Reclaim Your True Nature to Create the Life You Want. New York: Atria Books, 2013
- Bender, Sheila, ed. The Writer's Journal: 40 Contemporary Writers and Their Journals. New York: Delta/Dell Publishing, 1997.
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- Brown, Brene. Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead. New York: Gotham, 2012.
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- . Walking In This World: The Practical Art of Creativity; Further Steps Along The Artist's Way. New York: Jeremy P. Tarcher/Putnam, 2002.
- . God is No Laughing Matter: Observations and Objections on the Spiritual Path. New York: Jeremy P. Tarcher/Putnam, 2000.
- . The Right To Write. New York: Jeremy P. Tarcher/Putnam, 1998.
- Cohelo, Paulo. The Alchemist. San Francisco: Harper One, 2015.
- Cousineau, Phil, ed. Soul: An Archeology. San Francisco: Harper Books, 1994.
- DeBecker, Gavin. The Gift Of Fear: Survival Signals that Protect Us from Violence. New York: Little, Brown and Company, 1997.

- DeSalvo, Louise. Writing As a Way of Healing: How Telling Our Stories Transforms Our Lives. Boston: Beacon Press, 1999.
- Driscoll, Frances. The Rape Poems. Port Angeles: Pleasure Boat Studios, 1997.
- Ellsberg, Robert. The Saint's Guide to Happiness. New York: North Point Press, 2003.
- Enslar, Eve. In The Body of The World: A Memoir of Cancer and Connection. New York: Metropolitan Books, 2013.
- . The Vagina Monologues: The V-Day Edition. New York: Random House/Villard Books, 2000.
- Estes, Ph.D., Clarissa Pinkola. Women Who Run with the Wolves: Myths and Stories of the Wild Woman Archetype. New York: Ballantine, 1997.
- Evans, Patricia. The Verbally Abusive Relationship: How to Recognize it and How to Respond. Avon: Adams Media, 2010.
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- Gilbert, Elizabeth. Big Magic: Creative Living Beyond Fear. London: Bloomsbury Publishing, 2015.
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- Harvey, Andrew. The Hope: A Guide to Sacred Activism. New York: Hay House, 2009.
- . Light The Flame: 365 Days of Prayer. New York: Hay House, 2013
- . The Return of The Mother. New York: Tarcher 2000.
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Howe, Marie. What The Living Do. New York: W.W. Norton and Company, 1999.

Huston, Allegra. Love Child: A Memoir of Family Lost and Found. New York: Simon and Schuster and London: Bloomsbury, 2009. www.allegrahuston.com

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Johnson, Mary. An Unquenchable Thirst. New York: Spiegel & Grau/Random House, 2001. www.maryjohnson.com

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- Lorde, Audre. Sister Outsider: Essays and Speeches. Freedom: Crossing Press, 1984.
- MacDonald, Ann-Marie. Fall On Your Knees. New York: Simon & Schuster, 1996.
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- The Boy He Left Behind: A Man's Search For His Lost Father. New York: CreateSpace, 2008.
- Sex Death Enlightenment: A True Story. New York: Riverhead Trade/Penguin Books, 1997.
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- *Dora's pioneering collection of poems about her journey of healing from a history of both sexual and domestic violence into empowerment and advocacy as an award-winning poet, activist, speaker and teacher.*
 - *Foreword by Eve Ensler, author of The Vagina Monologues.*
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- *A companion to Bill Moyers's 1995 public television series interviewing and showcasing the public readings of 34 poets. Excellent series and interviews.*
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- *Excellent collection of essays by women writers about their own processes of writing and experiences, specifically, as women writer. The essays by Erica Jong and Honor Moore's are two that I return to again and again.*

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- *Another excellent collection of essays gathered in the same spirit as exhibited in Volume I. All new women writers in this Volume II.*
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