

# 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.

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

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

Ban Breathnach, Sarah. Simple Abundance. New York: Warner Books, 1995.

Baron, Frank. Creative Person and Creative Process. New York: Holt, Rinehart, and Winston, Inc, 1969.

Barron, Frank, Montuori, Alfonso, and Barron, Anthea, eds. Creators On Creating: Awakening and Cultivating the Imaginative Mind. New York: Jeremy P. Tarcher/Putnam; Penguin, 1997.

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

Bass, Ellen and Thornton, Louise, eds. I Never Told Anyone: Writings By Women Survivors of Childhood Sexual Abuse. New York: Harper and Row, 1983.

Bernays, Anne and Painter, Pamela. What If: Writing Exercises for Fiction Writers. New York: Harper Collins, 1990.

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Brande, Dorothea. Becoming A Writer. 1934. Reprint. Los Angeles: Jeremy P. Tarcher, 1981.

Bender, Sheila, ed. The Writer's Journal: 40 Contemporary Writers and Their Journals. New York: Delta/Dell Publishing, 1997.

Cahill, Susan, ed. Writing Women's Lives: An Anthology of Autobiographical Narratives by Twentieth Century American Women Writer's. New York: Harper Collins, 1994.

Cameron, Julia with Mark Bryan. The Artist's Way. New York: Jeremy P. Tarcher/Putnam, 1992.

*\* One of the best practical books I have come across about creativity. This program is designed to establish or deepen creativity from a spiritual perspective, and is applicable to all forms of creativity, artistic expression, recovery, healing and empowerment.*

Cameron, Julia. The Vein of Gold. New York: Jeremy P. Tarcher/Putnam; Penguin, 1996.

----- Walking In This World: The Practical Art of Creativity; Further Steps Along The Artist's Way. New York: Jeremy P. Tarcher/Putnam, 2002.

*\* The follow-up to the original Artist's Way, and just as inspiring.*

----- 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.

----- Heart Steps: Prayers and Declarations for a Creative Life. New York: Jeremy P. Tarcher/Putnam, 1997.

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.

*\* This book was powerfully transformative for me as a writer, survivor and*

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*teacher.*

Driscoll, Frances. The Rape Poems. Port Angeles, WA: Pleasure Boat Studios, 1997.

Ellsberg, Robert. The Saint's Guide to Happiness. New York: North Point Press, 2003.

Estes, Ph.D., Clarissa Pinkola. Women Who Run with the Wolves: Myths and Stories of the Wild Woman Archetype. New York: Ballantine, 1997.

Franck, Frederick. Zen Seeing, Zen Drawing. New York: Bantam Books, 1993.

Fox, John. Poetic Medicine: The Healing Art Of Poem-Making. New York: Jeremy P. Tarcher/Penguin, 1997.

Fox, Matthew. Creativity: Where The Divine and The Human Meet. New York: Jeremy P. Tarcher/Penguin, 2002.

Goldberg, Natalie. Writing Down The Bones. Boston: Shambhala Publications, Inc., 1986.

*\* One of my first, and still one of my favorite, books of writing exercises.*

----- The Long Quiet Highway. New York: Bantam Books, 1993.

Herman, Judith Lewis, M.D. Trauma and Recovery. New York: Basic Books, 1992.

Hillman, James. The Soul's Code: In Search of Character and Calling. New York: Random House, 1996.

hooks, bell. Wounds of Passion. New York: Henry Holt, 1997.

Hybels-Steer, Mariann. Aftermath: Survive and Overcome Trauma. New York: Fireside/Simon and Shuster Books, 1995.

Hoffman, Alice. Here On Earth. New York: Putnam, 1997.

Klauser, Henriette Anne. With Pen In Hand: The Healing Power Of Writing. Cambridge, MA: Perseus Publishing, 2003.

----- Write It Down, Make It Happen. New York: Simon and Shuster, 2001.

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LaMott, Annie. Traveling Mercies: Some Thoughts On Faith. New York: Pantheon Books, 1999.

----- Bird By Bird: Some Instructions On Writing and Life. NY: Doubleday, 1994.

L'Engle, Madeleine. Walking on Water. Wheaton: Harold Shaw Publishers, 1980.

Lipsett, Suzanne. Surviving a Writer's Life. San Francisco: Harper Press, 1994.

Lopez, Barry. About This Life: Journeys on The Threshold of Memory. New York: Vintage Books, 1998.

Lorde, Audre. Sister Outsider: Essays and Speeches. Freedom, CA: Crossing Press, 1984.

MacDonald, Ann-Marie. Fall On Your Knees. New York: Scribner/Simon & Schuster, 1996.

Markova, Dawna. I Will Not Die An Unlived Life: Reclaiming Puroose and Passion. San Francisco, CA: Red Wheel/Weiser LLC., 2000.

Moyers, Bill. The Language of Life: A Festival of Poets. New York: Doubleday, 1995.  
\* *A companion to Bill Moyers's 1995 public television series interviewing and showcasing the public readings of 34 poets. Well done series, with excellent interviews.*

Myss, Caroline. Sacred Contracts: Awakening Your Divine Potential. New York: Three Rivers Press, 2002.

Nepo, Mark. The Book of Awakening: How to Have The Life You Want By Being Present to The Life You Have. Newburyport, MA; Red Wheel/Weiser, 2000.

Newman, Leslea. Writing From The Heart: Inspiration and Exercises for Women Who Want to Write. Freedom, CA: The Crossing Press, 1993.

Norris, Kathleen. The Cloister Walk. New York: Riverhead Books, 1996.

----- Dakota: A Spiritual Geography. New York: Riverhead Books, 1993.

# DORA E. MCQUAID

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Olds, Sharon. The Dead and The Living. New York: Knopf, 2001.

----- The Gold Cell. New York: Knopf, 1989.

Oliver, Mary. A Poetry Handbook: A Prose Guide to Understanding and Writing Poetry. New York: Harcourt Brace and Company, 1994.

Plimpton, George, ed. The Paris Review Interviews: Women Writers at Work. New York: Penguin Books, 1989.

The interviews in this collection are selected from The Paris Review Interviews: Writers at Work, Series 1-8. Introduced by Margaret Atwood

Peck, M. Scott. The Road Less Traveled. New York: Simon and Schuster, 1978.

Rilke, Rainer Maria, trans. Stephen Mitchell. Letters To A Young Poet. New York: Random House, 1984.

Rose, Phyllis, ed. The Norton Book of Women's Lives. New York: W.W. Norton, 1993.

Ruiz, Dr. Don Miguel. Beyond Fear: A Toltec Guide to Freedom and Joy. Tulsa, OK: Council Oak Books, 1997.

Sarton, May. Journal of Solitude. New York: Norton, 1973.

Saughnessy, Susan. Walking On Alligators: A Book of Meditations For Writers. New York: Harper Collins, 1993.

*\* One of the best books on the practice and the magic of writing, focused on both the process and the outcome of writing through seemingly simple meditations that can be incorporated into any writing.*

Segalove, Ilene and Velick, Paul Bob. Risk Your Self: List-Making as the Ultimate Path for Personal Change. Kansas City, MO: Andrews McMeel Publishing, 2000.

Sternburg, Janet, ed. The Writer on Her Work. New York: W.W. Norton, 1980.

*\* Excellent collection of essays by women writers about their own processes of writing and experiences, specifically, as women writer. Erica Jong's "Blood and Guts: The Tricky Problem of Being a Woman Writer in the Late Twentieth Century" and Honor Moore's "My Grandmother Who Painted" are two essays*

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*that I return to again and again.*

- The Writer on Her Work: Volume II. New York: W.W. Norton, 1991.  
\* *Another excellent collection of essays gathered in the same spirit as exhibited in Volume I. All new women writers.*
- Tolle, Eckhart. Practicing the Power of Now. Novato, CA: New World Library, 1997.
- Stillness Speaks. Novato, CA: New World Library and Vancouver, Canada: Namaste Publishing, 2003.
- A New Earth: Awakening to Your Life's Purpose. New York: Penguin, 2005.
- Uleland, Brenda. If You Want to Write. St. Paul, MN: Schubert, 1983.
- Wauters, Ambika. Chakras and Their Archetypes: Uniting Energy Awareness and Spiritual Growth. Berkeley, CA: Crossing Press, 1997.
- Welty, Eudora. One Writer's Beginnings. New York: Warner Books, 1983.
- Whyte, David. River Flow: New and Selected Poems. Langley, WA: Many Rivers Press, 2007.
- Everything Is Waiting For You. Langley, WA: Many Rivers Press, 2003.
- Williamson, Marianne. A Woman's Worth. New York: Random House, 1993.
- Wischild, Louise, M., ed. She Who Was Lost Is Remembered: Healing From Incest Through Creativity. Seattle, WA: The Seal Press, 1991
- Woolridge, Susan. Poemcrazy. New York: Random House, 1995.

[WWW.DORAMCQUAID.COM](http://WWW.DORAMCQUAID.COM)