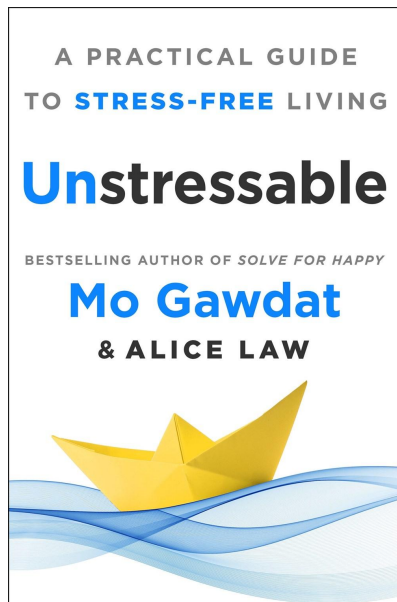




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## Unstressable

### A Practical Guide to Stress-Free Living

Mo Gawdat, Egypt, Alice Law

What if you could stop stress before you feel it?

### Summary

Mo Gawdat is an engineer. What most of us see as insurmountable problems he sees as systems overloads to tackle and solve. *Unstressable* breaks stress into inputs and effects, classifying human stressors as: stress to the mind, stress to emotions, stress to the body, and stress to the soul. Once classified, Gawdat and co-author Alice Law show readers how stress can be predicted—and once predicted, prevented.

*Unstressable* illuminates for readers how most of us deal with the unpleasant, anxiety-producing and even miserable or tragic events in our lives: stress is *always* a by-product, leading directly to inability to cope, health problems and cratered confidence. Gawdat and Law guide readers to both heart centred and science-based solutions. They'll train readers to:

- Develop habits and attitudes of listening and learning that limit stress
- Learn the language of de-stressing mind, emotions, body and soul
- Respond, not react
- Release self-criticism, insomnia, and lethargy
- Increase energy, focus and confidence

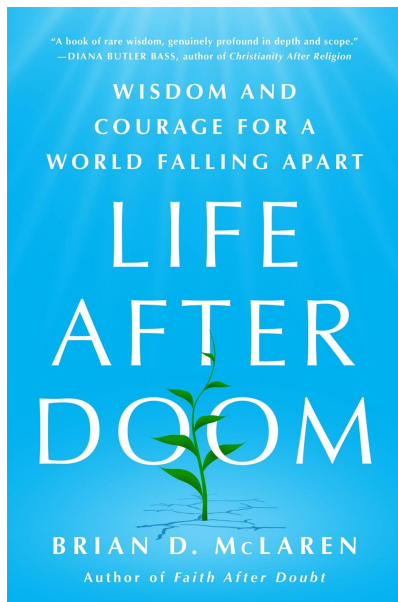
*Unstressable* is a handbook for those who understand that stress isn't what happens to you; it's how you handle what happens to you. It's a practical and rounded approach to an ever increasing modern day problem..

### Contributor Bio

MO GAWDAT is the former Chief Business Officer at Google X, bestselling author of *Solve for Happy*, and host of the podcast *Slow Mo*. For more than a decade he has researched happiness and conversed with thousands of people in more than a hundred countries. He lives in Dubai.

ALICE LAW is a Stress Management Consultant, Speaker and host of the podcast *Unstressable with Alice Law*. She has worked internationally with a multitude of private clients and large organisations, to help them to both manage and prevent stress, so that they can reach their greatest potential.

Together they co-founded Unstressable LLC, which aims to take 1 million people a year out of stress, through their online membership platform, corporate speaking engagements and book.



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## Life After Doom

### Wisdom and Courage for a World Falling Apart

Brian D. McLaren

**A deeply insightful exploration of how to live with wisdom, resilience and love in our turbulent times**

### Summary

For the last quarter-century, author and activist Brian D. McLaren has been writing at the intersection of religious faith and contemporary culture. In *Life After Doom*, he engages with the catastrophic failure of both our religious and political leaders to address the dominant realities of our time: ecological overshoot, economic injustice, and the increasing likelihood of civilizational collapse. McLaren defines doom as the “un-peaceful, uneasy, unwanted feeling” that “we humans have made a mess of our civilization and our planet, and not enough of us seem to care enough to change deeply enough or quickly enough to save ourselves.”

Blending insights from philosophers, poets, scientists, and theologians, *Life After Doom* explores the complexity of hope, the necessity of grief, and the need for new ways of thinking, becoming, and belonging in turbulent times. If you want to help yourself, your family, and the communities to which you belong to find courage and resilience for the deeply challenging times that are upon us — this is the book you need right now.

### Contributor Bio

A former English professor, **BRIAN D. McLAREN** was a pastor for twenty-four years. Now he’s an author, activist, public theologian, and frequent guest lecturer. His work has been covered in *TIME Magazine*, *Newsweek*, *USA Today*, *The New York Times*, *Washington Post*, and *CNN*. The author of more than 15 books, including *Faith After Doubt*, *Do I Stay Christian?* and *A New Kind of Christian*, he is a faculty member of The Living School at the Center for Action and Contemplation. McLaren lives in Florida.

### Quotes

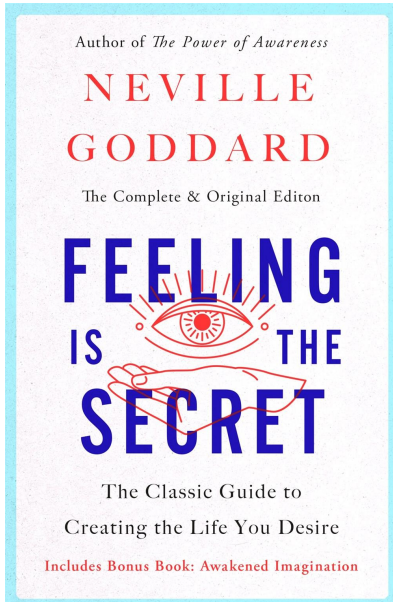
“A book of rare wisdom, genuinely profound in depth and scope....”—**Diana Butler Bass, author of *Christianity After Religion***

“With his usual patience and clarity, McLaren invites us to do necessary spiritual work.”  
—**Debra Rienstra, author of *Refugia Faith***

“This book is peak McLaren. Prepare yourself.” —**Tripp Fuller, Host, *The Homebrewed Christianity Podcast***

“[McLaren] gives us ideas that work.” —**Steven Charleston, Choctaw elder and Retired Episcopal Bishop**

“Timely and vital.” —**Rev. Michael Coren**



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## Feeling Is the Secret

### The Classic Guide to Creating the Life You Desire

Neville Goddard

A guidebook to revolutionizing your life through the power of thoughts and emotions, from one of the New Age's most powerful writers

#### Summary

Neville Goddard is one of the most powerful writers in the realm of New Age spirituality. Unknown during his lifetime, his work has grown increasingly popular, and his writings have influenced the likes of Rhonda Byrne in *The Secret*, Carlos Castaneda, and Wayne Dyer. The founding principle of Neville's work is stunning in its simplicity—your imagination is God. This message of empowerment has resonated with countless readers, showing them how to unlock their full potential through the power of feeling.

A leader in the New Thought movement, Neville Goddard believed that anyone can shape their own reality by understanding and harnessing their thoughts and feelings. Our mindset can either limit our potential or open up a new world of possibility, giving us the capacity to transform every part of our lives, from finances to relationships to wellness. Introducing readers to Goddard's revolutionary methods that include sleep training and prayer, the clear, easy-to-follow system outlined in this book is perfect for readers looking to tap into their own power.

Written in 1944, *The Feeling Is the Secret* is one of Neville's most life-changing works. This edition has been repackaged and updated for a modern audience, and includes a new introduction by the publisher.

#### Contributor Bio

Born to an English family in Barbados, NEVILLE GODDARD (1905-1972) moved to New York City at seventeen to study theater. In 1932, he abandoned his work as a dancer and actor to dedicate himself to a career as a metaphysical writer and lecturer. Neville influenced a wide range of spiritual thinkers, from Joseph Murphy to Carlos Castaneda.

#### Quotes

"Neville may eventually be recognized as one of the world's great mystics." —Joseph Murphy, author of *The Power of Your Subconscious Mind*

"His work has impacted me in a very profound way; in fact, he's been a great mentor to me in the past few years." —Dr. Wayne Dyer in *Wishes Fulfilled*

"The words of spiritual teacher Neville Goddard retain their power to electrify... Neville captured the sheer logic of creative mind principles as perhaps no other figure of his era." —*Science of Mind*

"A guide for breaking new ground and finding your power."  
—Meena Harris, Founder & CEO of Phenomenal Media

# BUILD LIKE A WOMAN

THE BLUEPRINT FOR  
CREATING A BUSINESS  
AND LIFE YOU LOVE

KATHLEEN GRIFFITH

St. Martin's Essentials

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## Build Like a Woman

### The Blueprint for Creating a Business and Life You Love

Kathleen Griffith

From a self-made businesswoman and founder of **Build Like A Woman**, a global platform providing inspiration, tools, and community for women to rise and thrive comes "the no-nonsense roadmap you need to get your business off the ground and thriving." (Barbara Corcoran, Founder of The Corcoran Group & Shark on Shark Tank)

### Summary

In a world of hustle culture and burnout, women don't want to lean in, but would like to lie down. Now more than ever, women are looking to leave the corporate grind to break out into their own entrepreneurial ventures, but they don't know where to start, or they don't think they can balance the responsibilities of their day-to-day lives with the demands of running a business.

Build Like a Woman contains the blueprint for aspiring and existing female entrepreneurs who want to start and scale a business and life they love. In her book, Kathleen Griffith couples proprietary research with her firsthand experience as a founder to provide women with a proven, 12-step method to build both a sustainable business AND life.

Blending foundational mindset tenets with the practical, actionable business building steps offered by top business schools, Build Like a Woman will help you to with the first steps of creating the business of your dreams by walking you through creating:

A budget

A business plan

A brand strategy

A marketing plan

A pitch outline

A project management system

And more...

With a compassionate, fun, and inspiring voice, Build Like a Woman offers the tools needed to unleash your dreams, take up space, and create a total life, inclusive of your own business, anchored in authenticity.

### Contributor Bio

**KATHLEEN GRIFFITH** is an award-winning founder and top business strategist whose marketing consultancy, *Grayce & Co.*, advises Fortune 100 brands and media companies like Nike and Verizon on how to meaningfully engage with the women who buy from them.

### Quotes

"Equal parts heart and hustle, Kathleen Griffith's *Build Like A Woman* delivers the no-nonsense roadmap you need to get your business off the ground and thriving."  
- Barbara Corcoran, Founder of The Corcoran Group & Shark on Shark Tank

"More than a traditional business book, this is a fervent and clarifying manifesto for how to build your heart while also building a brilliant and brave future from the ground up."

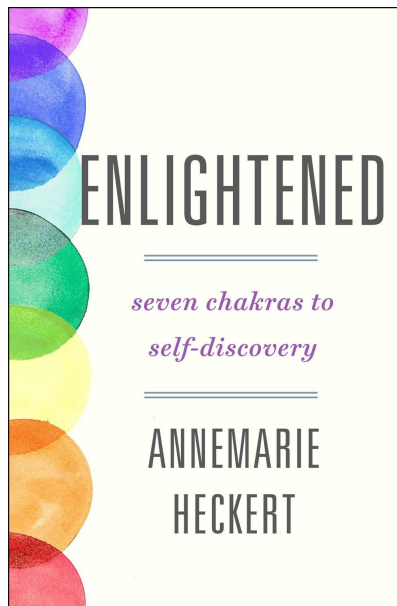
-Tembi Locke, *New York Times* bestselling author of *From Scratch*

"Entrepreneurship is a journey, but one that requires a guide. Kathleen Griffith's *BUILD Like a Woman* takes women entrepreneurs through the adventure of starting an enterprise, step by step."

- Arthur C. Brooks, Professor, Harvard Kennedy School and Harvard Business School, and #1 *New York Times* bestselling author

"There are plenty of books promising easy ways to make incremental progress. Refreshingly, *Build Like a Woman* is not one of them. In a world that too often tells women to limit our ambitions, Kathleen offers a guide for breaking new ground and finding your power."

-Meena Harris, Founder & CEO of Phenomenal Media



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## Enlightened

### Seven Chakras to Self-Discovery

Annemarie Heckert

A healing journey through the chakras led by world-renowned Medium Annemarie Heckert.

### Summary

World-renowned Medium Annemarie Heckert leads readers on a healing journey through the chakras in her debut book, *Enlightened*. Bringing her prodigious clairvoyance skills to bear on the subject of emotional healing, Annemarie offers a unique look at the role of the chakras in affecting how grief and trauma is stored in our bodies. *Enlightened* takes readers through each of the seven chakras, revealing their unique function and meaning.

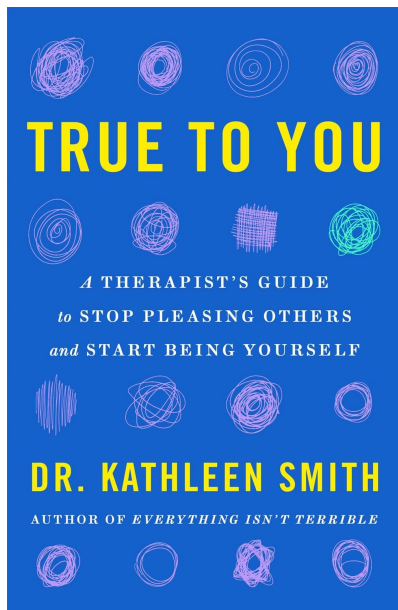
Born with the ability to communicate with angels and spirits, Annemarie is a highly sought-after Medium whose deeply insightful readings help clients connect with their guardian angels and deceased loved ones for clarity, comfort, and guidance. She pairs her clairvoyance with her deep knowledge of the chakra system to provide clients with incredibly unique and comprehensive spiritual counseling.

Now, drawing from over 25,000 consultations performed to date, Annemarie shares a selection of unforgettable client stories to give readers a glimpse into her life as a clairvoyant and provide unique lessons on spiritual development. With humor and grace, *Enlightened* introduces readers to Annemarie's gifts, and opens them up to the possibilities of their own Heavenly connections.

### Contributor Bio

ANNEMARIE HECKERT is a world-renowned clairvoyant Medium, Reiki Master, and Registered Yoga Teacher. Born with the natural ability to communicate with angels and spirits, Annemarie offers private sessions, events, and workshops at her office in central PA as well as virtual sessions for clients around the globe. She has held over 25,000 consultations to date. When not working, Annemarie enjoys spending time with her three children and their beloved border collie. *Enlightened* is her debut book.





## True to You

**A Therapist's Guide to Stop Pleasing Others and Start Being Yourself**

Kathleen Smith

**A Guide to The Theory and Practice of Creating Authentic Relationships**

### Summary

When's the last time you *felt* as composed as you portray to your boss, family and friends? If there's a discord between the two, you're not alone. Humans are master pretenders—we often seem stronger, calmer and more mature than we really are, while the truth is we're full of doubts and self-criticism that pushes us to borrow reassurance from friends, beliefs from strangers on the internet, or attention that, in the moment, makes us feel successful, but leaves us totally hollow and burnt out.

*True to You* is a relatable self-help guide for people who want to learn to live less focused on others' reactions and more confidently by their own principles. Readers will learn how to:

- Interrupt relationship patterns that keep you stuck.
- Rely less on praise and approval from others.
- Develop a solid sense of self in anxious times.
- Build more authentic and rewarding relationships.

Dr. Smith uses examples from the lives of her therapy clients to explain how we borrow confidence, calmness, and beliefs from our relationships and offers actionable steps and exercises for building a life with your own best-thinking. With a healthy dose of humor, she unpacks the science of our social nature, explaining why we try so hard to be what others want us to be and how we can start living from the inside out. By learning how to be more responsible for yourself, rather than over-responsible for everyone else, you can find the freedom to develop richer relationships, pursue what's important to you, and feel steadier in this very anxious world.

### Contributor Bio

DR. KATHLEEN SMITH is a licensed therapist and mental health author and reporter with over 10,000 subscribers to her weekly newsletter. An associate faculty member of the Bowen Center for the Study of the Family, she teaches Bowen family systems theory to leaders around the globe and is the only traditionally published author to bring this theory to readers, starting with her previous book, *Everything Is(n't) Terrible* (Hachette, December 2019). She has been interviewed by *The New York Times* and *The Washington Post* about anxiety and burnout during the Covid pandemic, and her writing has appeared in *Slate*, *Salon*, *New York Magazine*, *Psychology Today*, and more.

### Quotes

"*True to You* is a beautiful blend of storytelling, science and practical tools. Smith uses her expertise to introduce true boundary setting tools to build (and rebuild) our relationships to others and ourselves."

- Eve Rodsky, NYT Bestselling Author, Fair Play

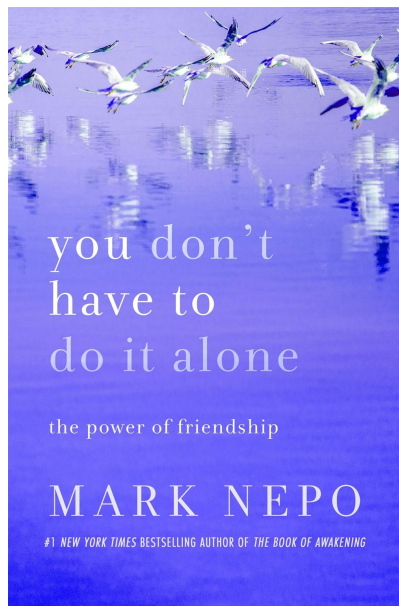
"True to You is the book you want when you're ready to figure out how to change relationship patterns that aren't working. I learned so much, I might just flip back to page one and start it again!" - Mary Laura Philpott, author of *Bomb Shelter: Love, Time, and Other Explosives*

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## You Don't Have to Do It Alone

### The Power of Friendship

Mark Nepo

An exploration and celebration of friendship and community from bestselling author Mark Nepo

### Summary

In his newest book, *New York Times* bestselling author Mark Nepo turns his attention to the value of community, offering another insightful and inspiring take on our shared human experience. *You Don't Have to Do It Alone* is an earnest exploration and joyous affirmation of one of the most important aspects of being human: friendship.

Sharing examples from history, mythology, and his own life, Mark unravels the nuances of close friendships, and reveals how a true friend can be the key to our own aliveness—because only in the presence of unconditional love can we feel safe enough to be who we truly are. Journal prompts and thought-provoking quotes from notable philosophers enhance Mark's reflections, providing readers with the tools necessary to understand and cultivate the friendships in their own lives.

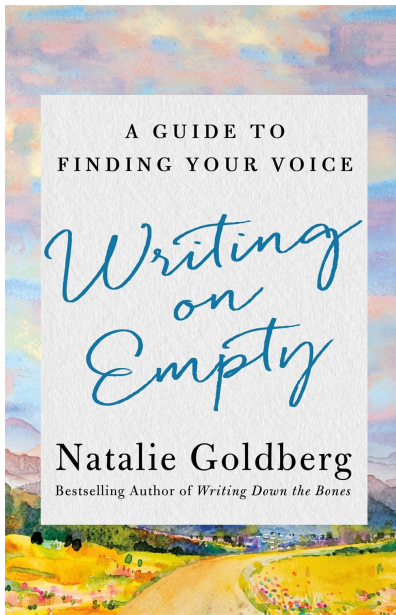
Mark Nepo explores all that it takes to love another and be loved, ultimately showing that—despite what we've been taught—you don't have to do it alone.

### Contributor Bio

MARK NEPO is a #1 New York Times bestselling author. His books – including *The Book of Awakening*, *The One Life We're Given*, and *Drinking From the River of Light* - have been translated into twenty languages. Mark has appeared several times with Oprah Winfrey on her *Super Soul Sunday* program. In 2015, he was given a Life-Achievement Award by AgeNation. In 2016, he was named by *Watkins: Mind Body Spirit* as one of the 100 Most Spiritually Influential Living People.

### Quotes

"Mark explores [friendship] in the way that only Mark Nepo can. Intricate yet understandable. Sustained and yet immediate. The shared sight of each other's souls. Friendship, beautiful friendship." —**Jamie Lee Curtis**, actress and producer



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## Writing on Empty

### A Guide to Finding Your Voice

Natalie Goldberg

Bestselling author and teacher Natalie Goldberg shares her inspiring personal journey out of a devastating period of writer's block and back into a life of growth, creativity, and healing.

### Summary

Bestselling author and teacher Natalie Goldberg has been writing for the past fifty years. But at the beginning of the pandemic, she suddenly wasn't able to write anymore. Her imaginative wellspring had dried up, and she was forced to ask herself: what do I do when what has always worked for me doesn't work anymore?

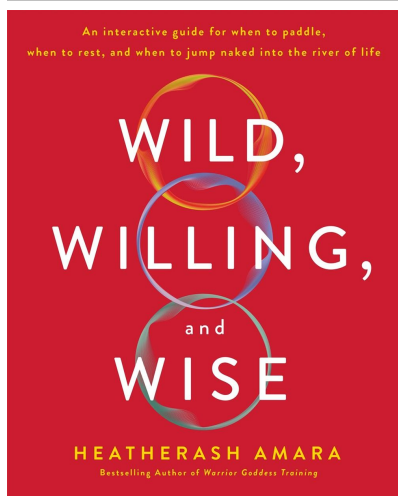
In this beautifully written, inspiring personal account, Natalie shares her harrowing journey out of creative paralysis and back onto the page. When all of her tried and true methods – meditation, sitting still, writing practice – stopped working, she had to take drastic action. She got into her car and left New Mexico in search of a new inventive source. In her journey through the western states, she visited famous literary sites, searching for the spark that would reignite her ability to write.

And, next to Hemingway's grave, she found it. "Get going," he seemed to say to her, and she did. Now, Natalie shares her story of traveling through literary and personal memory to clarify her way forward, struggling to make sense of her difficult relationships with parents and teachers, and digging into her long-held grief. Ultimately, she discovers how to write through the emptiness in order to fill up the world with compassion, healing, and renewed liveliness.

For anyone struggling to reconnect with their own creative source, *Writing on Empty* is a gentle and instructive guidebook back to remembering what truly matters.

### Contributor Bio

Natalie Goldberg is a poet, teacher, writer, and painter. A student of Zen Buddhism for 24 years, she trained intensively with Katagiri Roshi for 12 years, and is ordained in the Order of Interbeing with Thich Nhat Hanh. Natalie Goldberg teaches writing workshops nationally based on the methods presented in *Writing Down the Bones*. Her other books include *Wild Mind*; *Long Quiet Highway*; *Banana Rose*; and *Living Color*.



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## Wild, Willing, and Wise

### An Interactive Guide for When to Paddle, When to Rest, and When to Jump Naked into the River of Life

HeatherAsh Amara

A revolutionary, interactive guide to the energies that make up the flow of our lives: Wild, Willing, and Wise—a contemporary reimagining of the Maiden, Mother, and Crone archetypes.

#### Summary

Whether we realize it or not, our lives are a constant cycle through three energies: the creativity and abundance of Wild, the courage and power of Willing, and the gratitude and surrender of Wise.

HeatherAsh provides in-depth descriptions of the three archetypes, detailing how each presents in excess and deficiency, so that readers can begin to recognize emotional turmoil and hardship as an imbalance of their energies. Combining anecdotes, self-reflection quizzes, simple exercises, and visualizations, *Wild, Willing, and Wise* teaches readers how to bring the three energies into balance in order to find inner freedom and alignment.

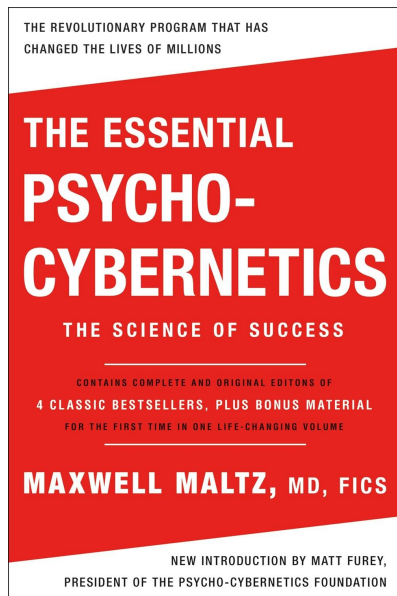
This interactive, radical guide is not a rule book, but an invitation into an ongoing journey. Join HeatherAsh Amara on her way to becoming fiercely engaged, wildly creative, unfailingly experimental, wonderfully confused, seriously delighted, and compassionately vulnerable.

#### Contributor Bio

Bestselling author, mentor, and land steward HEATHERASH AMARA weaves together earth-based wisdom, mindfulness, and practical strategies for creative and compassionate change. She is the author of nine books, including the bestselling Warrior Goddess Training series and *The Seven Secrets of Happy and Healthy Relationships*. HeatherAsh lives in New Mexico but spends most of her time traveling, teaching, and writing in cafes around the world. Learn more at [heatherashamara.com](http://heatherashamara.com).

#### Quotes

"In an ocean of books and teachers that are concept-heavy but light on how to bring an inspiring idea into your lived reality, HeatherAsh Amara stands out....This book is a guide, just as the author is, to finding and trusting your own inner sage, guide, and navigation system." —Jacob Nordby, author of *The Creative Cure*



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## The Essential Psycho-Cybernetics

**The Science of Success: Contains Complete and Original Editions of 4 Classic Bestsellers, Plus Bonus Material**

Maxwell Maltz, M.D., F.I.C.S.

The ultimate guide to the life-changing principles of Psycho-Cybernetics: the study of taking control of your own thoughts to achieve greater peace of mind, success, and happiness

### Summary

Psycho-cybernetics, as defined by Dr. Maxwell Maltz, is the act of “steering your mind to a productive, useful goal so you can reach the greatest port in the world: peace of mind.” Maltz introduced this concept to the world in 1960—since then, his works have touched the lives of more than thirty million readers.

Combining five of Maltz’s most powerful works, this compendium offers readers a path to the mental clarity and fortitude needed to succeed in today’s busy, complicated world. This essential collection of timeless and practical wisdom includes:

- *The Conquest of Frustration*
- *Live and be Free*
- *Magic Power of Self-Image Psychology*
- *The Search For Self Respect*
- and bonus selections from *Thoughts to Live By*

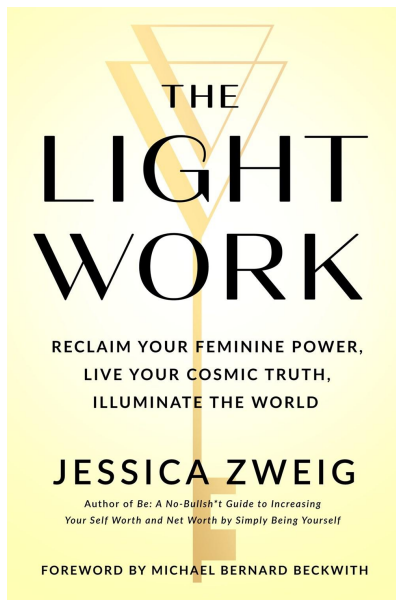
*The Essential Psycho-Cybernetics* is an unparalleled encyclopedia for a life of freedom, success, and happiness.

### Contributor Bio

MAXWELL MALTZ was one of the most important and renowned authors in the field of psychology. His books include *Psycho-Cybernetics*, *Creative Living for Today*, *The Magic Power of Self-Image Psychology*, and the bestseller *Dr. Pygmalion*. He was also an internationally renowned professor and lecturer.

### Quotes

“Before the mind can work efficiently, we must develop our perception of the outcomes we expect to reach. Maxwell Maltz calls this Psycho-Cybernetics; when the mind has a defined target it can focus and direct and refocus and redirect until it reaches its intended goal.” —**Tony Robbins**, *Unlimited Power*



## The Light Work

**Reclaim Your Feminine Power, Live Your Cosmic Truth, and Illuminate the World**

Jessica Zweig

A spiritual and practical guidebook to self-empowerment from bestselling author and entrepreneur Jessica Zweig

### Summary

Unlock your infinite potential in every area of your life and become your own inspiration.

Using the concept of Light as a tool for personal and spiritual growth, bestselling author and entrepreneur Jessica Zweig challenges readers to hit the proverbial "light switch" and illuminate their own lives. Rooted in the Pleiadian teachings of Light as "Information," "Truth," and "Love," Jessica's philosophy teaches readers to name, claim, and reframe their inner darkness in order to unlock their infinite potential and remember who they truly are.

Jessica Zweig is the founder of a multimillion-dollar business, a bestselling author, and a social media phenomenon—but her path was not an easy one. *The Light Work* distills the highly-evolved spiritual concepts she learned along the way into practical applications, delivered with Jessica's signature straight-talk. How-to's, exercises, and journal prompts interweave with Jessica's powerful personal story to create a guidebook to a more inclusive, loving, and Light-filled life.

Within these pages lies radical self-empowerment, because—as Jessica says—when you can claim all parts of yourself (your dark and your light, your power and your shame, your sh\*t and your shine), you become... unstoppable. You become the Lightworker.

### Contributor Bio

JESSICA ZWEIG is an entrepreneur and spiritual teacher, described as the "voice of her time" by Marianne Williamson and one of the "10 Entrepreneurs to Follow" by the Chicago Tribune. Zweig is the CEO and founder of SimplyBe., a personal branding company, the author of the bestselling book *Be*, and the host of top-ranked podcast *Simply Be*. Zweig hosts spiritual retreats and speaks on both national and international stages. Zweig currently lives in Nashville with her husband and two dogs.

### Quotes

"Jessica Zweig dives deep into the darkness and returns with rays of light." -Marianne Williamson

"If you're a burnt out female entrepreneur looking to reignite the light inside your soul again, look no further than Jessica Zweig's *The Light Work*. This book feels like it's been written by my best friend who loves me dearly, and confides her deepest thoughts, experiences and tales through raw, honest and magnetic storytelling. A must-read." -Rebecca Minkoff

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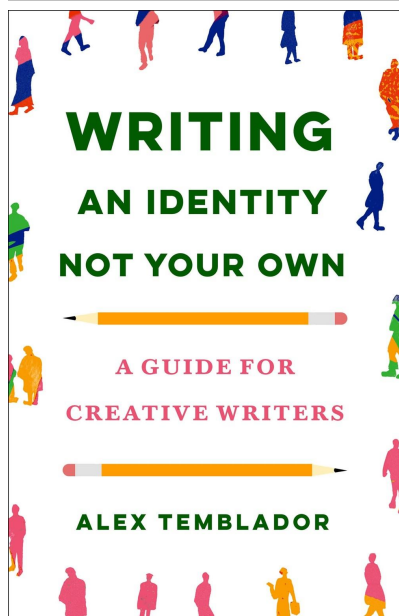
Body, Mind & Spirit / Inspiration & Personal Growth

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## Writing an Identity Not Your Own

### A Guide for Creative Writers

Alex Temblador

A practical guide to help authors authentically write and edit a character whose identity is different than their own.

### Summary

Do you have the tools to authentically write and edit a character whose identity is different than your own? It's not a subject that's generally taught in creative writing programs. There are few online resources, but in terms of craft books, what exists is outdated or limited in its scope. Some seminars and classes are offered by independent writing workshops, but can you learn everything you need to know in a three-hour seminar or even a four-week class? Not at all. You need a book on hand to provide guidance and insight as you craft characters with historically marginalized identities. That's where this book comes in.

In *Writing an Identity Not Your Own*, award-winning author Alex Temblador will discuss one of the most contentious topics in creative writing: crafting a character whose identity is historically marginalized. She'll begin by discussing what she means by 'identity' and why it's important to understand the state of diversity in publishing, before delving into how unconscious bias and bias blocks are the biggest obstacles to this writing approach. From there, you'll learn about intersectional identities and specific things to consider when writing different race/ethnicities, sexual orientations, gender identities, disabilities, nationalities, and more. Alex will guide writers through the pre-writing phase to the editing process so they can gain a full understanding of the complexities of writing other identities and why it's important to get it right.

### Contributor Bio

ALEX TEMBLADOR Temblador is the Mixed Latine award-winning author of *Secrets of the Casa Rosada* and *Half Outlaw*. She received her MFA in Creative Writing from the University of Central Oklahoma and is a contributor to *Living Beyond Borders: Growing Up Mexican in America* and *Speculative Fiction for Dreamers: A Latinx Anthology*. Alex has taught creative writing seminars, workshops, and classes with the Women's Fiction Writers Association, WritingWorkshops.com, the Writer's League of Texas, and more, as well as spoken about diversity in the literary world with the Texas Library Association, Abydos Learning Conference, and at many other festivals, conferences, and universities. She is an award-winning travel, arts, and culture journalist who specializes in diversity, equity, and inclusion, publishing in the likes of *Conde Nast Traveler*, *Outside*, and *Travel + Leisure*, and speaking about such topics at SXSW, the Society of American Travel Writers, and the World Travel Market. Alex lives in Dallas, Texas, where she runs a literary panel series called LitTalk.

### Quotes

"Alex Temblador provides a concrete and detailed guide to the issues of misrepresentation, appropriation and stereotypes in creative writing. She asks difficult questions of writers who would wish to create characters with identities different from their own and she demonstrates not just how challenging this task can be but what is required to even approach this task with intelligence, sensitivity, knowledge and self-interrogation. In the end Temblador interrogates not just issues of craft but the biases we all carry that we may be unaware of. An essential text." -- David Mura, *A Stranger's Journey: Race, Identity & Narrative Craft in Writing*

"Alex Temblador breaks new ground in *Writing an Identity Not Your Own*, guiding writers to craft characters from historically marginalized backgrounds with sensitivity and depth—a seminal guide to responsible and enriching creative writing that is both timely and timeless. Every writer who aspires to write great fiction should have this book on their shelf. It's an instant classic in the new canon of essential craft books." --Blake Kimzey, Founder & Executive Director of *WritingWorkshops.com*

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"At once accessible and forthright, Alex Temblador's *WRITING AN IDENTITY NOT YOUR OWN* is a helpful companion for writers. With friendliness and care, Temblador offers writer-to-writer conversations about the complexities of identity in cultural production. This book is reaching for an ever more thoughtful approach to literary representation--as writers grapple with their own and their characters' identities, positionalities, and relations of power." - Janelle Adsit, author of *Toward an Inclusive Creative Writing*; Co-Author, *Writing Intersectional Identities*