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"A guide to using creative writing methods to ease the symptoms of depression, from the founder of a Stanford University creative

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writing course for people with mood disorders"--Provided by publisher.

Brings together research on different types of writing and distance writing that have been, or need to be, used by mental health professionals. This title also critically evaluates the therapeutic effectiveness of these writing practices, such as automatic writing, programmed writing poetry therapy, diaries, expressive writing and more.

When he learns that his pregnant wife has been spirited off to a distant city, William responds as any man might—he drops everything to pursue her. But as a fugitive slave in Antebellum America, he must run a terrifying gauntlet, eluding the many who would re-enslave him while learning to trust the few who dare to aid him on his quest. Among those hunting William is Morrison, a Scot who as a young man fled the miseries of his homeland only to discover even more brutal realities in the New World. Bearing many scars, including the loss of his beloved brother, Morrison tracks William for reasons of his own, a personal agenda rooted in tragic events that have haunted him for decades. Following up on his award-winning debut, *Gabriel's Story*, David Anthony Durham presents another riveting tale, a brilliantly drawn portrait of America before the Civil War, and a provocative meditation on racial identity, freedom and equality.

Tina Evans, grieving over the death of her little boy in a tragic accident, and her compassionate lover embark on a terrifying odyssey in search of the truth about her son's death and the shocking messages that lead her to believe that the child may not be dead after all.

Used along with , the workbooks complete the elementary-grade writing curriculum. Level Three is the third of a planned four-

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Volume set to accompany .

A workbook to accompany the acclaimed series on teaching writing, from the author of *The Well-Trained Mind*.

A “mesmerizing” biography of the #1 New York Times – bestselling author of *Sophie’s Choice*, *The Confessions of Nat Turner*, and *Darkness Visible* (Entertainment Weekly). William Styron was one of the most highly regarded and controversial authors of his generation. In this illuminating biography, James L. W. West III draws upon letters, papers, and manuscripts as well as interviews with Styron’s friends and family to recount in rich detail the experiences that shaped each of his groundbreaking books. From Styron’s Southern upbringing, which deeply influenced the Pulitzer Prize – winning *The Confessions of Nat Turner* and National Book Award – winning *Sophie’s Choice*, to his feud with Norman Mailer and the clinical depression that led to his acclaimed memoir *Darkness Visible*, West’s remarkable biography provides invaluable insight into the life and works of a giant of American literature.

Manhattan physician Michael Cayle moves his family to a small New England town to begin a private practice and discovers that Ashborough is a town filled with unimaginable secrets. Original.

A new series on teaching writing, from the author of *The Well-Trained Mind*. In *Writing with Ease*, Susan Wise Bauer lays out an alternative plan for teaching writing, one that combines the best elements of old-fashioned writing instruction with innovative new educational methods. The workbooks provide lessons, student worksheets, and teacher instructions for every day of writing instruction. Each covers one year of study. Used along with *Writing with Ease, Level Two* (second in a planned four-volume set) complete the elementary-grade writing curriculum.

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