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***WRITING OURSELVES WHOLE:  
USING THE POWER OF YOUR OWN CREATIVITY TO HEAL AND RECOVER  
FROM SEXUAL TRAUMA***  
by Jen Cross

***“The most essential book on writing practice I know” – Pat Schneider, *Writing Alone and With Others****

Jen Cross, the founder and facilitator at [Writing Ourselves Whole](http://writingourselveswhole.org), has released a new book based on her work with survivors of trauma and others in the SF Bay area and around the country. [Writing Ourselves Whole: Using the Power of Your Own Creativity to Recover and Heal from Sexual Trauma](http://writingourselveswhole.org) (Mango, 2017) is a collection of essays and creative writing encouragements for sexual trauma survivors (and others!) who want to risk writing a different story for their lives. Each short chapter offers encouragement, experience, and exercises. Sections focus on writing as a transformative practice, embodying our story, how to write trauma without retraumatization, writing joy and desire, and more.

With a man who brags about sexual violation leading the country, many survivors may feel even more isolated. One of the ways those feeling silenced and alone can care for themselves is to write

Author Jen Cross says, “My hope is that *Writing Ourselves Whole* will feel like a companion voice, will help survivor-readers feel less isolated, and, above all, will spur readers to write, to open their own notebooks and start to spill out the words that have been building up inside.” *Writing Ourselves Whole* includes essays about the author’s own experience of long-term trauma survival, how writing has been the one steady thing in her life over the last twenty-some years since she escaped her stepfather and his abuse.

Given the difficulty we’re living in and through, Cross says, “I hope this book can encourage survivors to take care of ourselves, trust our instincts, take risks, let our voices out, to trust and recognize that our voices are needed. *Your voice is needed*. I want to encourage us to keep on taking care of our bodies, to take care of our hearts, to trust and appreciate that desire is still allowed—if we don’t take care of ourselves, we cannot sustain the struggle for the long-term. And this is long-term struggle we’re engaged in, whether we’re battling this so-called government or we’re just talking about living with trauma.”

To celebrate the launch of her first single-author book, Jen will be offering readings in San Francisco and Oakland, and is available to partner with schools/universities, community organizations, and other groups for lectures, events, readings, and workshops. For more details, visit [writingourselveswhole.org](http://writingourselveswhole.org).

*“Writing Ourselves Whole* is a raw, powerful, necessary, wise and practiced guidebook to the revolutionary practice of finding the words, language and voice to transform suffering. Jen Cross is a brave and brilliant transmitter of the deepest healing and healing practices. To anyone who has experienced abuse, violation and trauma, this book is a way out of the darkness.”- Eve Ensler, *The Vagina Monologues*

**JEN CROSS** is a widely-published author and the founder of [Writing Ourselves Whole](http://www.writingourselveswhole.org), an organization that offers Amherst Writers & Artists writing workshops, creating spaces in which the true and complicated stories of the body can emerge. Jen has worked with hundreds of writers, through private workshops and in collaboration with colleges, social change organizations and other institutions throughout the U.S. For more information, visit [www.writingourselveswhole.org](http://www.writingourselveswhole.org).

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