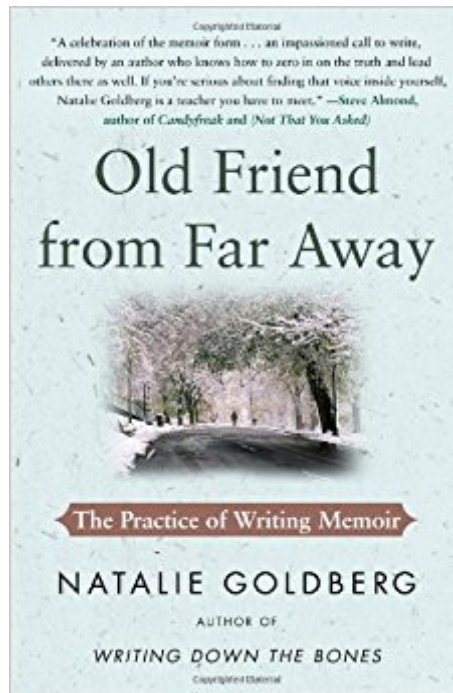




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# Old Friend From Far Away: The Practice Of Writing Memoir



## Synopsis

Twenty years ago Natalie Goldberg's classic, *Writing Down the Bones*, broke new ground in its approach to writing as a practice. Now, *Old Friend from Far Away*—her first book since *Writing Down the Bones* to focus solely on writing—reaffirms Goldberg's status as a foremost teacher of writing, and completely transforms the practice of writing memoir. To write memoir, we must first know how to remember. Through timed, associative, and meditative exercises, *Old Friend from Far Away* guides you to the attentive state of thought in which you discover and open forgotten doors of memory. At once a beautifully written celebration of the memoir form, an innovative course full of practical teachings, and a deeply affecting meditation on consciousness, love, life, and death, *Old Friend from Far Away* welcomes aspiring writers of all levels and encourages them to find their unique voice to tell their stories. Like *Writing Down the Bones*, it will become an old friend to which readers return again and again.

## Book Information

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## Customer Reviews

"A celebration of the memoir form...an impassioned call to write, delivered by an author who knows how to zero in on the truth, and lead others there as well. If you're serious about finding that voice inside yourself, Natalie Goldberg is a teacher you have to meet." -- Steve Almond, author of *Candyfreak* and *(Not That You Asked)*"A writer -- both energized and enlightened." -- Julia Cameron, author of *The Artist's Way*"An invaluable addition to any writer's (or reader's) bookshelf. Each new chapter is another gift, unlocking the mystery of the story of the human heart. There isn't

a better approach to memoir. Beautifully written, this book is for everyone." -- Robert Wilder, author of *Daddy Needs a Drink* and *Tales from the Teachers' Lounge*"The brilliance of this book is that it immediately gets you writing your story. It opens the inner treasure and the inner zoo, makes you wriggle and weep, pawn the family jewels, laugh out loud, tear down memory lane, and reawaken to the mystery of your own life." -- Jack Kornfield, author of *A Path with Heart*"Natalie Goldberg doesn't fool around. The moment I started reading her new book, I found myself compelled to follow her lead. She's a master and this book is a must-read for anyone who even thinks about putting pen to page." -- Cheryl Richardson, author of *The Unmistakable Touch of Grace* and *Take Time for Your Life*"A richly abundant how-to book full of deep personal insight and practical go-get-'em. Memoir writers, buy this book, put it on your personal altar, or carry it with you as you traverse the deep ruts of your old road. Really, this book could save your life." -- Tom Spanbauer, author of *The Man Who Fell in Love with the Moon*

Natalie Goldberg is a poet, painter, teacher, and the author of twelve books, including her classic, *Writing Down the Bones: Freeing the Writer Within* (which has sold more than 1.5 million copies) and *Old Friend from Far Away: The Practice of Writing Memoir*. She has been teaching seminars for thirty-five years to people from around the world and lives in New Mexico.Â

I like this book a lot because it has many ideas for writing plus gives you ideas for memoir as well. It's a great little book, full of practical advice and exercises for 10 minute writings. For the money, you can't go wrong getting this text.

I own several of Goldberg's books, and I enjoy everything she writes. This book is no exception. It's clear and concise, and I wish I could write the same way she does.

Anything by Natalie Goldberg is always excellent and not something that can be reviewed and then put away. I have been using and learning from her book, *Writing Down the Bones* since I first got it many years ago. She is one of the most effective and successful teachers of writing today. I, too, am a writing teacher though I would never claim to be at her level. Nevertheless, I am teaching a class in this fall in *Memoir Writing* so I was delighted to find this new book filled with all kinds of helpful ideas which will make my job so much easier. If you write, if you want to write, if you teach writing, even if you just like to read, you need to become acquainted with Natalie Goldberg. You cannot go wrong with her practical ideas and insight. I highly recommend this book and others by

Natalie Goldberg.

Excellent book as are all of Natalie Goldberg works.

Great writing prompts that inspires one to write about what is right in front of us. To express our inner story based on our experiences, to put life in our writing. Just write.

This book is true to Natalie's form in that she jogs those memories loose by prompting us to practice writing about the most ordinary things. I gave it only four stars, however, because she does not offer any suggestions on how to structure all these writings into a cohesive whole to make a salable manuscript, and that is what I was looking for.

Excellent book and it came right away.

great

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