

Title:	Healing Storytelling
Subtitle:	The Art of Imagination and Storymaking for Personal Growth
Author:	Nancy Mellon
Release date:	1st October 2019
ISBN:	978-1-912480-13-5
Dimensions:	234 x 156mm
Extent:	190pp
Binding:	Paperback
Price:	£15.00
Series:	Storytelling
Thema Code:	ATX VSP
Category:	Performing arts, Popular psychology

FOR IMMEDIATE RELEASE

“ *This is a book to help restore story wisdom to your daily life* ”
Nancy Mellon

Key Features of the Book

- Storytelling for personal healing and enlivening the imagination
- Storytelling classic best seller, now in an updated third edition
- Step-by-step guide with tips, exercises and methods
- Tools for storytelling and storymaking for life challenges, with examples
- Introduces world tales with archetypal characters, landscape and plots
- Reclaims storytelling as a powerful antidote to screen media

In this step-by-step companion guide, Nancy Mellon explores the secrets of what makes a good story and how to become a confident storyteller from scratch. The healing power of stories is a strong antidote to today's electronic screen world and an engaging, meaningful way of sharing our thoughts and feelings. As a path of self-development, storytelling awakens archetypal experiences, symbols and forces within, for healing oneself and others.

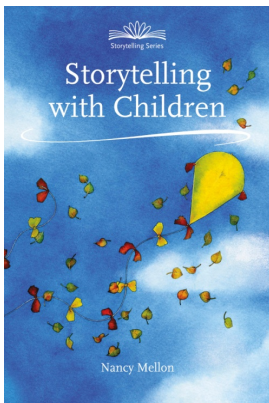
Nancy Mellon shows how to create a magical atmosphere for the telling of tales, how to use movement and direction within a story, how to set a storyscape, find beginnings and endings and how to best use the rhythms of voice. Here are also the more subtle ingredients of storytelling including moods, the elements, seasons and the symbolism of magic words,

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objects and weapons that represent the external and archetypal forces in our world. This is a revised and updated third edition of the classic ***Storytelling & the Art of Imagination*** first published in 1990. The new cover features the beautiful *Apple Tree Moon* woodcut by the artist [Arthur J. Penn](#).

Hawthorn Press is a small independent publisher that has a dedicated [storytelling series](#) comprising more than a dozen titles.



The Author

Nancy Mellon has pioneered healing, therapeutic storytelling both as a therapist and as an educator for over thirty five years. Her work has reached healing arts specialists world-wide, and inspired parents, teachers, grandparents, writers, artists and storytellers with the healing power of story. She is a former Steiner-Waldorf educator, working from kindergarten through to Class 12, now as a psychotherapist she specialises in healing through the arts. An enchanting, much loved storyteller, she also wrote the Hawthorn Press classic [Storytelling with Children](#).

The author's website: <http://www.healingstory.com/>

Endorsements for *Healing Storytelling*

'This is one of the most beautiful books written about the power of storytelling to heal body, mind and earth. It is a precious medicine chest of inspiring, profound activity. We need Healing Storytelling.' Laura Simms: storyteller, author of *Our Secret Territory: The Essence of Storytelling* and *The Robe of Love: Instructions for the Heart*

'This storytelling classic is packed full of gentle wisdom and inspiration to help develop the imagination. Its focus on the power of storytelling to nourish and sustain us all through hard times is particularly moving and relevant today.' Sue Hollingsworth: storyteller and co-author of *The Storytellers Way*

'Once in a while if you are very lucky you come across a book that stops you in your tracks. As a spontaneous storyteller for some 30+ years I rarely come across a book of such immediacy and engagement for the complete beginner as much as the professional storyteller. It is not at all surprising that this book is coming up for its third edition. It is a 'how-to' storytelling classic. You can open this book anywhere to become fascinated by its content and the incredibly useful storytelling exercises that populate its pages.' Alexander MacKenzie: storyteller in executive education, OSHR Management Consultant, author of an illustrated Hospice book, *Humbert Bear Likes to Doze: Joy in the face of adversity*.

'Healing Storytelling portrays adults and children finding healing and creative courage in the midst of even the direst of life stresses. Many teachers, students, community leaders, parents, therapists and other professionals have carried this inspirational book with them,

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dog-eared and worn, in backpacks and purses, to help them to meet daily challenges.’
Robert Smythe: publisher, Yellow Moon Press USA

‘Nancy Mellon describes stories as maps to learning and healing. She leads readers into the imaginative and transforming world of traditional story with vast knowledge of their wise symbolic potency. Therapists, teachers, storytellers, and story enquirers everywhere should read this important book, and add it to their library.’ Mary Smail, dramatherapist and psychotherapist, SoulWorks UK

‘Finding the sources to fairy tales, myths and tellings in the form of living images from our inner world is worth gold to budding and seasoned storytellers alike. This is a book to restore our innate intelligence and creativity in wise and delightful ways.’ Inger Lise Oelrich: adult educator, storyteller, founder of Nordic Healing Story Alliance and author of *The New Story: Storytelling as a Pathway to Peace*

‘Sometimes the Wonder Tale of who we are touches in to the everyday happenings of our lives. The exercises in this book show ways to find peace and healing through a conscious engagement with that wise aspect of us which knows and cares for our true story.’ Paul Matthews: poet, educator, author of *Sing Me the Creation: Creative Writing Sourcebook* and *Words in Place*

‘This is a handbook for turning straw into gold. I refer to it professionally, and recommend it in every workshop I run training therapists, teachers and parents in storytelling. I turned once again to the wisdom of Nancy Mellon's insights and exercises recently in Singapore, training professionals working in prisons, early years settings, mainstream and special schools. During a difficult time, one of her exercises also helped me to bridge a deeply painful personal situation.’ Louise Coigley, Speech and Language Pathologist & Therapist, Creator of [Lis'n Tell](#): live inclusive storytelling

Web link: <https://www.hawthornpress.com/books/storytelling/healing-storytelling/>

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