

Below you will find a variety of resources to support your creative development and story work. This list is a work-in-progress. I'll be adding gradually over time. For now, the categories are in alphabetical order, but the items within each category are not. Please feel free to send me any resources you love that I need to add to this list!

[Creative Writing Resume — Overview and Template](#)

Nonfiction Book Proposal Template — [Overview](#) and [Template](#) (by Jane Friedman)

Nonfiction Outline Template - [Overview](#) and [Template](#) (by Scribe Media)

[How to Outline Your Memoir](#) (A Complete Step-by-Step Guide) *Scribe Media*

Fiction Outline Template — [Overview](#) and [Template](#) (by Story Grid)

Fiction Tools — [Downloadable tools](#) (by Story Grid)

[Creative Types Quiz](#) and [Summaries](#)

[Non-fiction Outline Template](#) and [Overview](#) by Scribe Media

[Non-fiction Book Proposal Template](#) and [Overview](#) by Jane Friedman

[The Complete Guide to Query Letters](#) by Jane Friedman

[How to: How to Self-Publish Your Book](#) by Jane Friedman

[Writer's Toolbox](#) by Gotham Writers

CREATIVE PERSONALITY

The Highly Sensitive Person by Elaine Aron

The Empath's Survival Guide by Judith Orloff

Trust Yourself by Melody Wilding

What's Your Creative Type? by Meta Wagner

Quiet by Susan Cain

CREATIVE HABITS & MINDSET

The Artist's Way by Julia Cameron

Wired to Create by Scott Barry Kauffman and Carolyn Gregoire
Big Magic by Elizabeth Gilbert
Daring Greatly by Brene Brown
The Fire Starter Sessions by Danielle Laporte
The War of Art by Steven Pressfield
Creative Calling by Chase Jarvis
Callings: Finding and Following an Authentic Life by Gregg Levoy
The Creative Habit by Twyla Tharpe
Steal Like an Artist by Austin Kleon

ESSAY COLLECTIONS (books)

[I'm Telling the Truth but I'm Lying](#) by Bassey Ikpi
A House of My Own: Stories from My Life by Sandra Cisneros
In Search of Our Mothers' Gardens: A Womanist Prose by Alice Walker
Hunger: A Memoir of My Body by Roxane Gay
The Misadventures of Awkward Black Girl by Issa Ray
You Are Your Best Thing by Tarana Burke and Brené Brown
Find Your Way Back: How to Write Your Way Through Anything by Javacia Harris Bowser

GUIDED JOURNALS

[Self-Care Check In: A Guided Journal to Build Healthy Habits and Devote Time to You](#) by GG Renee Hill
[A Year of Self-Reflection: 365 Days of Guided Prompts to Help You Slow Down, Tune In & Grow](#) by GG Renee Hill
[What's Your Story? A Journal for Everyday Evolution](#) by Rebecca Walker & Lily Diamond

JOURNALING /WRITING TO HEAL

Expressive Writing: Words That Heal by Dr. James Pennebaker
Writing as a Way of Healing Louise Desalvo

Writing Down Your Soul by Janet Conner

At a Journal Workshop by Ira Progoff

MEMOIRS

My Brother by Jamaica Kincaid

The Terrible by Yrsa Daley-Ward

Madness by Marya Hornbacher

The Glass Castle by Jeannette Walls

Ordinary Light: A Memoir

Crazy Brave by Joy Harjo

Lit by Mary Carr

Wild by Cheryl Strayed

Fire Shut Up in my Bones by Charles M Blow

She's Your Daughter Too by T Lloyd

Somebody's Daughter by Ashley C. Ford

Aftershocks: A Memoir

Willow Weep for Me: A Black Woman's Journey Through Depression

MOTHER WOUND BOOKS

Mothers Who Can't Love: A Healing Guide for Daughters by Susan Forward, PhD

Will I Ever Be Good Enough?: Healing the Daughters of Narcissistic Mothers by Karyl McBride, PhD

The Emotionally Absent Mother: A Guide to Self-Healing and Getting the Love You Missed by Jasmin Lee Cori

Running on Empty: Overcome Your Childhood Emotional Neglect by Jonice Webb, PhD

PERSONAL STORYTELLING

Retelling the Stories of Our Lives by David Denborough

The Power of Memoir by Dr. Joy Myers

Writing Life Stories: How To Make Memories Into Memoirs, Ideas Into Essays And Life Into Literature

PODCASTS (w/ focus on creativity, mindfulness, and storytelling)

[Magic Lessons](#) by Elizabeth Gilbert

[Meditative Story](#) by Rohan Gunatillake

SELF-HELP AND SELF-CARE

Know Boundaries, Know Peace by Nedra Glover Tawwab

Wintering: The Power of Rest and Retreat in Difficult Times by Katherine May

The Body Keeps the Score by Bessel van der Kolk, MD

When the Body Says No by Gabor Maté, MD

In an Unspoken Voice by Peter Levine, PhD

SUBMISSIONS FOR PERSONAL STORIES

[Memoir Monday](#)

[Longreads](#)

[Sun Magazine](#)

[Catapult](#)

[Narratively](#)

[LitHub](#)

[Craft Literary](#)

[Tiny Buddha](#)

[Narrative](#)

[Midnight and Indigo](#) — Founded in 2018, midnight & indigo is a small publisher and literary journal that provides a space for Black women writers to share their narratives with the world. With an emphasis on short fiction and essay writing, we exist to make a meaningful contribution to the rich Black literary tradition while providing a platform to elevate our voices. In addition to its bi-annual print publication, midnight & indigo publishes stories online and facilitates writing classes for Black women writers. We are Black woman-owned.

WRITING LIFE

What Moves at the Margin by Toni Morrison

Bird by Bird: Some Instructions on Writing and Life by Anne Lamott

Where the Past Begins: A Writer's Memoir by Amy Tan

What I Talk About When I Talk About Running by Haruki Murakami

WRITING CRAFT

Writing Down the Bones by Natalie Goldberg

Slow Writing by Louise Desalvo

Naked Drunk and Writing by Adair Lara

Crafting the Personal Essay by Dinty Moore

The Art of Memoir by Mary Carr

The Forest for the Trees by Betsy Lerner

Turning Life into Fiction by Robin Hemley

Free Within Ourselves: Fiction Lessons for Black Authors by Jewell Parker Rhodes

It Was the Best of Sentences, It Was the Worst of Sentences: A Writer's Guide to Crafting

Killer Sentences by June Casagrande

Zen in the Art of Writing by Ray Bradbury

Reading Like a Writer: A Guide for People Who Love Books and for Those Who Want to Write Them by Francine Prose

WRITING COMMUNITIES

Permission to Write

Narrative Healing

Absolute Writer

AgentQuery

BookRix

Critique Circle

Scribophile

[The Writer](#)

WRITING BUSINESS & PUBLISHING

Before and After the Book Deal by Courtney Maum

Literature-map.com

Litcharts.com

[Are You Worried Your Work or Ideas Will Be Stolen?](#)

WRITING TOOLS

Scrivener

Focusmate

WRITING WORKSHOPS

Catapult

Grubstreet

WritingWorkshops.com

The Writer's Center

Writers.com

REWRITE London

James River Writers

Midnight and Indigo

WRITING ADVICE ONLINE

[Gotham Writers — Ask the Writer](#)

WRITING CONTESTS

[Courage to Write](#)

Bethesda Annual Contest

<https://www.pw.org/grants>

[Self-Publishing Literary Awards](#)

[15 indie mags for women](#)