



# Profit From Your Past:

Crafting Publishable  
Literature Using  
Reflective Writing  
Therapy<sup>sm</sup>

BY CHAUNDRA MCGILL



## SPECIAL THANKS

This e-book is a special gift granted through divine inspiration. Thank you and I am eternally grateful.

I would like to offer a special thanks to the pioneers of creative nonfiction, enabling the artistic expression of our truths.

Thanks to all who have allowed me to share my story, without judgment and without consequence, with an open heart and an open mind.

Chaundra  
McGill

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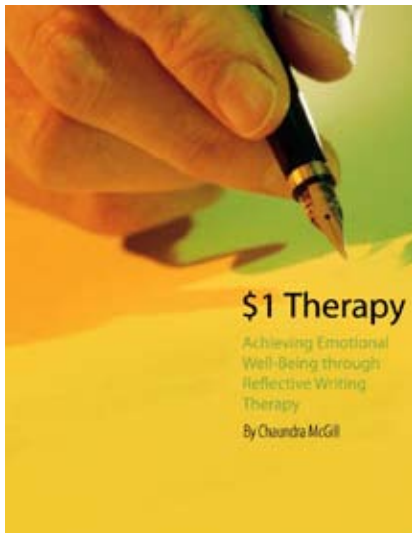
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### **\$1 Therapy: Achieving Emotional Well-Being through Reflective Writing Therapy**

If you're stuck in a rut, harboring negative emotions or have a questionable behavioral pattern Reflective Writing Therapy is a great place to start.

This free e-book explains the practice of Reflective Writing Therapy and how it can improve your life.

This e-book will show you how Reflective Writing Therapy is used to:

- Release negative emotions
- Evaluate past experiences
- Prepare for your future

Download your free copy of \$1Therapy by visiting [www.WritingReflections.com](http://www.WritingReflections.com).



At Writing Reflections, we believe in the whole writing process, not just the finished product. We see writing as a tool for self-discovery, emotional well-being, self-expression and inspiration. Writing Reflections help you cultivate the stories that helped you grow.

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**Writing about your life experiences and publishing them for the whole world to read is intimidating for some and simply unthinkable for others.**

So daunting a task it deters countless aspiring biographers from venturing down Memoir Lane all together. Privately journaling about your past can trigger deeply emotional responses, let alone revealing these vulnerabilities to complete strangers; that's just downright traumatic.

But there are concrete benefits for unlocking your secret journal and taking your story to a larger audience. This e-book is designed to explore the benefits of sharing your life story and walk you through the process of shaping your journal entries into publishable literature.

## Introduction

Everyone has a story to tell, and therefore has a story to sell. And though we all weren't placed on this earth to be likened to Ernest Hemingway or J.D. Salinger, we still have compelling and relatable tales, influencing readers who yearn for an expression of recognizable angst and a haven of reprieve. But it all starts with a story.

**"To be a person is to have a story to tell." – Isak Dinesen**

I, like many, have pondered the ultimate existential question: What is the meaning of life? While I cannot claim to have a definitive answer, I can confidently say this: the meaning of life comes from finding meaning in our stories. And that is the one thing that life can guarantee is stories. No matter how short or long a life may be, there is always a story. These stories are what help us understand our lives and the world around us.

Trying to make sense of my own life is what led me to discover Reflective Writing Therapy. Years of confusion and emotional despair led me to write my life stories, dissecting them with an editor's pen and an analytical eye. By capturing my past experiences, reflecting upon them, and ascertaining a conclusion, I released negative emotions, resolved emotional baggage, and learned how to prepare for a positive future.

But perhaps the most creatively rewarding benefit of Reflective Writing Therapy is that I became a better writer in the process. This is because Reflective Writing Therapy relies on three writing elements that strengthened my writing skills and helped me develop dynamic literature.



### **ABOUT THE AUTHOR**

Chaundra McGill is the owner of Writing Reflections and reflective writing coach, whose programs have helped people use writing as not only a means of self-expression and profit, but a method of healing.

Chaundra has dedicated her career to the power of words. She served as Editor-In-Chief of the national online publication TheUrbanFlavor and has provided editorial services for publications and companies, such as Metro Exposure Magazine, HowStuffWorks, Road & Travel Magazine, the Mirror Newspapers, RSM McGladrey, The Children's Center and Grade Check.

*To hire Chaundra as a reflective writing coach or book her to speak at your next event, please contact her at [www.WritingReflections.com](http://www.WritingReflections.com).*

