



# **Secrets of the Zona Rosa: How Writing (and Sisterhood) Can Change Women's Lives**

*Rosemary Daniell*

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**An inspiring guide featuring the wit, wisdom, and stories of Zona Rosa, the writing-and-sisterhood workshop that has empowered thousands of women**

For more than twenty years, Rosemary Daniell—Southern belle, successful writer, and tireless champion of female empowerment—has led Zona Rosa, a writing workshop for women founded on the premise that writing can be not only a creative challenge but a tool for healing. Here, she shares the secrets of Zona Rosa: practical advice and home-grown "Exorcises" that help you face and think through writing issues, and life in general.

You'll learn how to avoid the "13 (Possible) Boo Boos" that plague everyone's writing. You'll bring yourself to "Write About the Thing I Most Don't Want to Write About" and learn how facing the difficult past can lead to breakthroughs. You'll discover "The Emotional Tai Chi of Getting Your Work Out There," with suggestions for painlessly sending your work into the world.

Along the way, you'll meet some of the many women who have improved their writing—and lives—through the camaraderie, constructive advice, and fun of Zona Rosa. And you'll be inspired by Rosemary Daniell herself, who has weathered personal tragedy, Bad Love, and her own writing issues to come out singing. *Secrets of the Zona Rosa* is essential reading for any woman who writes—and who has lived a life full of stories.

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