

# About Lorraine Ash

Lorraine Ash, MA, is an author, journalist, and essayist as well as a writing teacher. *Self and Soul: On Creating a Meaningful Life* is her second book.

Her first memoir, *Life Touches Life: A Mother's Story of Stillbirth and Healing*, was published by NewSage Press and has circulated throughout the United States as well as in the Middle East, Australia, Europe, China, Canada, and Mexico.

Shorter memoiric works have appeared in anthologies, including *Steeped in the World of Tea*, and various journals and webzines such as *Cairn*, *Journeys*, *Ducts*, and *Recovering the Self: A Journal of Hope and Healing*.

Lorraine also is a veteran journalist whose feature articles and series have won seventeen national, state, and regional awards and have appeared in daily newspapers across the country. She has been an editor/reporter since 1982, currently for New Jersey Press Media, a Gannett newspaper group.

In her workshops and writing retreats Lorraine fuses rigorous original literary techniques with a wide range of spiritual, psychological, and philosophical thought. Participants learn to find their strongest writing voice, structure their stories in compelling ways, and see their lives from surprising and useful new angles.

Lorraine belongs to the Story Circle Network, Association of Writers and Writing Programs, and Investigative Reporters and Editors.

She lives in New Jersey with her husband, Bill.

Lorraine is available in person or through Skype for book clubs and other groups interested in discussing *Self and Soul: On Creating a Meaningful Life* and how writing helps people to understand and direct their inner and outer lives throughout the life cycle.

She is available through [www.LorraineAsh.com](http://www.LorraineAsh.com) and [www.CapeHouseBooks.com](http://www.CapeHouseBooks.com) .

