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# Perspectives

with Dr. Vidisha Patel

PEACE OF HEART, LLC  
*Managing Emotions for a Healthier Lifestyle*



**Perspectives**  
**Wednesday at 10 AM Pacific**  
**August 28th 2019:Healing Yourself Through Writing**

Are you in need of healing from past hurt? Trauma? Physical challenges? Or perhaps there is an inner critic in you that holds you back from writing? Healing is a process says author and poet Wendy Brown-Baez and we can encourage it through simple writing techniques. Join Dr. Vidisha Patel as she engages in conversation with Wendy to discover how we can all learn to heal ourselves and overcome any inner critic through writing.

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### Featured Guest



#### Wendy Brown-Baez

Wendy Brown-Baez is the creator of Writing Circles for Healing. Wendy is the author of the novel "Catch a Dream," poetry books "Ceremonies of the Spirit," and "Transparencies of Light" and her poetry and prose appear widely in literary journals and anthologies, such as Mizna, Wising Up Press, The Feminine Collective, Poets & Writers, Talking Writing, Water~Stone Review, Peregrine and Tiferet. Wendy was awarded McKnight and MN State Arts Board grants to teach creative writing in non-profits. She continues to facilitate creative writing and memoir groups in community spaces such as healing centers, schools, libraries, cafes, prisons, churches, women's retreats, yoga studios and arts organizati

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