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Dear Friends,

I have been sorting through everything in my office over the past two weeks. It feels great to get rid of things I don't need, offer them to others who can use them, and assign a particular place for everything that is left. I can feel the stress lift already, just knowing where my tape is, and my stamps, and my fountain pen ink. Everything has a place, and everything is in its place. I know for sure that stress has an adverse impact on our hearts. How might you reduce stress in your life this week?

**Someone asked me recently what books I would recommend about writing.** Here are my top choices right now (these are not affiliate links and are in no particular order, but I might suggest starting with *Art and Fear*):

[\*Ron Carlson Writes a Story\*](#) by Ron Carlson

[\*From Where You Dream\*](#) by Robert Olen Butler

[\*The Art of Memoir\*](#) by Mary Karr

[\*The True Secret of Writing\*](#) by Natalie Goldberg

[\*Art and Fear\*](#) by Ted Orland and David Bayles

[\*Bird by Bird\*](#) by Anne Lamott

## Next Writing Retreat for Women

My next writing retreat for women is scheduled for **April 26-May 1, 2020**, near Asheville NC. You will create writing magic there, and will certainly find a community of supportive writers to call your own. [Go here](#) for information. There is one spot still available. There will also be a women's writing retreat in September 2020 and registration will open for that in an upcoming Orange Desk newsletter.

## Life is a Verb Camp

Camp is sold out for 2019, but we have a waiting list you can join if you'd like an opportunity to attend this year. [Go here](#) and scroll to the bottom of the page to sign up for the waiting list.

You have a voice. Now use it.

-Patti

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