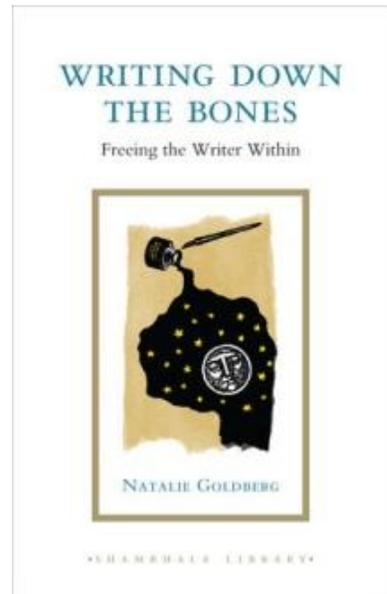


Spotlight

Wednesday, October 24

The benefits of writing – whether it is journaling, non-fiction, or stories – are well established. Writing allows the author to process emotions, create new worlds, experiment with ideas, and express their unique self. Writing connects people, cultures, traditions, and ideas and it can also challenge them. And if you are a writer one of the best things you can do for your practice is read. The library has a small but strong collection of books to aid you on your writing journey. From learning the building blocks of good writing to thinking about what it means to be a writer to figuring out what it is you want to write about in the first place. One of the classics in our collection is *Writing down the Bones* by Natalie Goldberg. *Writing down the Bones* has sold over a million copies since it was first published in 2005 and has been translated into twelve languages. I first discovered it through a recommendation from a friend who was part of a lively and well-read writers circle in Nova Scotia.



In *Writing down the Bones*, Natalie Goldberg combines her Zen practice with her writing practice and offers succinct, wise, and concrete advice on creating good writing habits. Her prose is encouraging and accessible and the book is full of exercises to get your pen on the paper. The exercises are varied enough to work with a wide range of styles and genres so there is plenty of inspiration to go around no matter what type of writing you are hoping to craft.

If you are a teen or have a teen in your life who loves to write the Yellowknife Public Library is now offering monthly teen writing workshops in collaboration with NorthWords NWT. Teens can register for this free program and take part in facilitated writing workshops led by two talented Yellowknifers, Natasha Duchene and Mary Kelly. Youth Write NWT happens on the second Tuesday of every month until March. Contact the library for more information and to register.

Megan Clark
Public Services Librarian