

Look Into Your Past to Cope With Your Present

Regina's Closet: Finding My Grandmother's Secret Journal (Beaufort Books, 2007)

is based on the retrospective journal written by author Diana M. Raab's grandmother in the late 1930's, after her arrival in the United States.

Regina is Diana's beloved grandmother - a spirited woman who loves her, cares for her, even teaches her to type her first stories on a Remington typewriter. So when Regina inexplicably takes her own life at age sixty-one, ten-year-old Diana is left devastated.

Three decades later, when diagnosed with breast cancer, Diana discovers Regina's secret diary and learns all about her grandmother's life - from the tragic death of her mother when Regina was twelve through her years of suffering in Kalusch during World War I and subsequent immigration as an orphan to Vienna and then as a married woman to the United States.

Throughout **Regina's Closet**, Diana's reflections are interspersed with excerpts from her grandmother's diary. This braided narrative presents a touching portrait of the relationship between Diana and Regina, their past and present, their loves and losses, and the discovery of their shared legacy and shows the value of journaling to help us through difficult times and to share stories with future generations.

About the author:

Diana M. Raab, RN, MFA, teaches journaling, essay and memoir at UCLA Writers Studio and The Santa Barbara Writers Conference. Her award-winning essays and poetry have appeared in numerous national publications. Her book, *Getting Pregnant and Staying Pregnant: Overcoming Infertility and High Risk Pregnancy* won the Benjamin Franklin Book Award for the Best Health and Wellness book.

REGINA'S CLOSET: *Finding My Grandmother's Secret Journal*

by Diana M. Raab

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