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THE GUILT GENE: POEMS

(Santa Barbara, California, October 2009) -- Raab's second poetry collection, *The Guilt Gene* (Plain View Press) was released this month. It is a collection of sixty straight-forward poems depicting her view of her inner and outer life.

Santa Barbara Poet Laureate Emerita, Perie Longo says this of the collection, "Diana Raab takes a close and courageous look at all her life's experiences, and in so doing, shares her wisdom and forgiveness of self and others with a raw honesty that is both refreshing and inspirational."

Since the age of ten Raab has been using her journal to capture images, feelings, and opinions, many of which have resulted in published poems. Her life's passion for keeping a journal served as a platform for her life as a full-time writer. This latest collection is another sampling of poems gleaned from her journals.

Kim Stafford, the son of the esteemed poet, William Stafford, says this of the collection, "*The Guilt Gene* is a prism with a hundred facets offering glance and glimpse and deep seeing into encounters with love, loss, longing, and epiphany....Poetry here reminds us to heed what calls to us daily."

Raab's poetry collection addresses a broad view of personal issues, including her life as a hippie in the sixties, coping with health issues, family sagas, travels, musings, fantasies, and her life as a writer. The universal themes will appeal to a broad audience, while addressing deeply personal issues.

Today, Raab shares her passion for journaling with others by teaching its benefits and joys. She teaches in the UCLA Extension Writers' Program and to teens in the community. She also facilitates journaling and memoir workshops around the country. She stresses the healing power of journaling and how poetry can be born on the pages of a journal.

Raab is available for facilitating journaling, poetry and memoir workshops, as well as doing poetry readings and book signings. Her website: <http://www.dianaraab.com>.

THE GUILT GENE

By Diana Raab

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