



**AUTHOR OF MY LIFE**  
**Taking flight with sensory writing**  
Guylaine Cliche  
Foreword by Jocelyna Dubuc

**Discover sensory writing, a life tool for everyone.**

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The aura of prestige around the literary world sometimes makes us think that writing workshops are reserved for elites only. And yet, you don't have to be a poet or novelist to pursue this activity and enjoy its many benefits. Whatever language or words we use, sensory writing enables us to regain contact with our deepest feelings.

Using an approach that is not at all esoteric or literary, the author encourages us to use this special access route to our emotions so that we can then reshape our history and recreate for ourselves a life that is our own, faithful to our dreams. An amazing transformational tool, writing thus becomes the bearer of a spirit of freedom, of an authentic and profound breath of air.

### Strong points

- The approach suggested in this book is based on writing workshops given by the author for many years. Many participants have undergone this experience and shared their appreciation.
- This guide is accessible to everyone and requires no specific talent for writing nor knowledge of grammar or literature. The goal of the approach is not literary.
- The author emphasizes the creative and transformative aspect of writing, creating a feeling of regained power in the reader.

*Guylaine Cliche is an author passionate about the power of words and writing. Her books reveal a special talent for showcasing the human aspect and emotions of her subjects. A devoted communicator, since 2007, she has facilitated writing workshops where sincerity, compassion and respect for freedom take precedence.*

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