

Tell It By Heart: Women and the Healing Power of Story,
by Erica Helm Meade. Peru, Illinois: Open Court
Publishing Co. 1995.

The book is on Amazon.com at
<https://tinyurl.com/2p8s628t>

"Erica Helm Meade shows us how our life is filled with stories and mythic figures who provoke growth and reveal inner hidden truths... an excellent resource guide to illustrate how storytelling can be used in personal, professional, and therapeutic contexts."

ANGELES ARRIEN, Ph. D.

Author of *The Four-Fold Way* and *Signs of Life*

"A remarkable book and an important one. Erica Helm Meade trusts story. With wisdom, caring, and great personal strength, she holds up one well-chosen tale at a time, and encourages individuals to look through into their own troubled interiors. Much more than the sum of its parts, the case studies and insights on using story-as-therapy meld into a beautiful reading experience. This is a hopeful collection of minor miracles which should be read by educators, healers, storytellers, and all who minister to other healing humans."

MARGARET READ MACDONALD

Author of *The Storyteller's Sourcebook* and *The Storyteller's Start-Up Book*

"I am so moved by this use of real woman stories held in the context of the archetypal myths. Meade is writing precisely what we need now: telling soul stories in the immediacy of daily life. I felt hungry for more!"

SHERRY RUTH ANDERSON

Author of *The Feminine Face of God*

"Clean, crisp, startling, intelligent, and fun, these fictional case studies show that life imitates art—and that art tells the stronger truths."

JAMES HILLMAN

Author of *Healing Fiction* and *Revisioning Psychology*

"Meade's method of healing through storytelling is refreshing and inspiring. Tell It by Heart describes the magical reconciliation between story and hard reality that is too often overlooked. Meade's work sheds light on the powerful, revitalizing force of story as soul-making."

BRENDA PETERSON

Author of *Living by Water* and
Nature and Other Mothers