



### *Mythmaking*

By Maureen Murdock

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## Mythmaking

### Self-Discovery and the Timeless Art of Memoir

By Maureen Murdock

**Best-selling *Heroine's Journey* author Maureen Murdock invites readers to explore their personal stories through the craft of memoir, with writing advice and prompts.**

Maureen Murdock looks at thematic connections between ancient myths and contemporary memoirs to probe questions like: *Who are my people? What is my journey?* and *Where is home?* Her background as a Jungian psychotherapist enriches her teaching—urging us to dig deep to identify our own universal archetypes. Writers will find thought-provoking inspiration in this book as well as examinations of their personal patterns and stories to reveal their true selves. Murdock also explores contemporary memoirs like Joan Didion's *The Year of Magical Thinking* and others from a mythological perspective. Like myth, memoir reveals a unity to human experience—that we all share similar hopes, dreams, desires, and fears. Memoir helps writers understand the trajectory of their lives and helps readers better grasp our own place within humanity. This book will appeal to writers, journalers, and others interested in self-reflection, mythology, and psychology.

### *About the Author*

**MAUREEN MURDOCK, PhD**, is a Jungian psychotherapist who has taught memoir writing since 1990 at UCLA, Pacifica Graduate Institute, and more. The author of multiple books, Murdock has also written articles for publications like *HuffPost*.

