

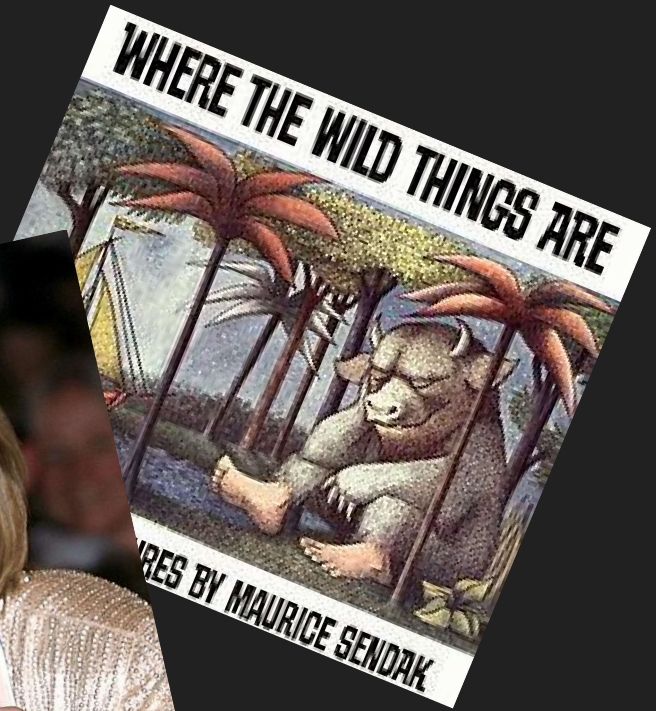
Stories are Good

Ella Simpson
Writer, facilitator, researcher

Stories



are



Good

A large pile of books and papers is shown burning in a fire. The flames are bright orange and yellow, consuming the books. The scene is dramatic and suggests the destruction of knowledge or stories.

Stories

are

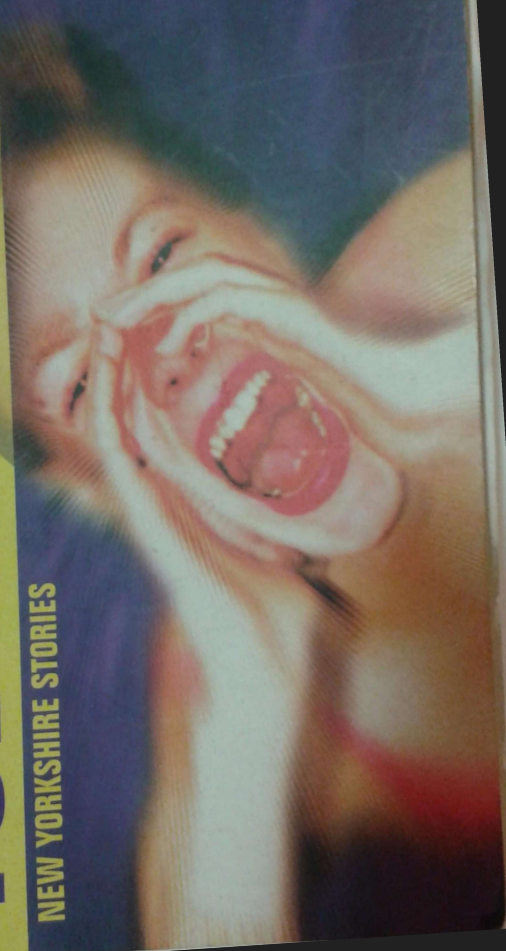
Bad

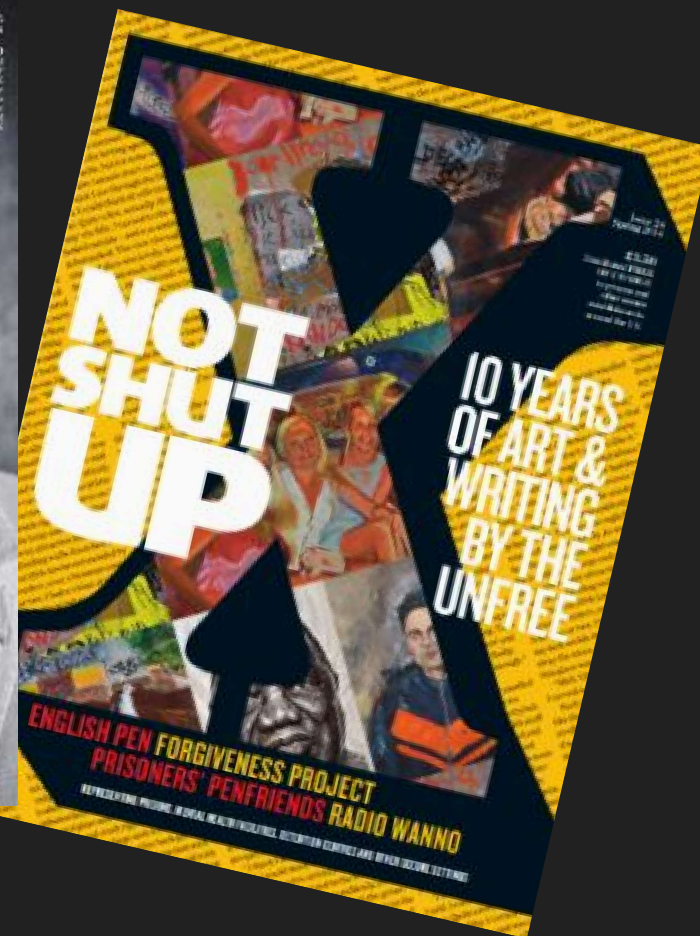
TUBTHUMPING

NEW YORKSHIRE STORIES

'The strength of these stories lies in the way they
reflect the times and refute stereotypes.'

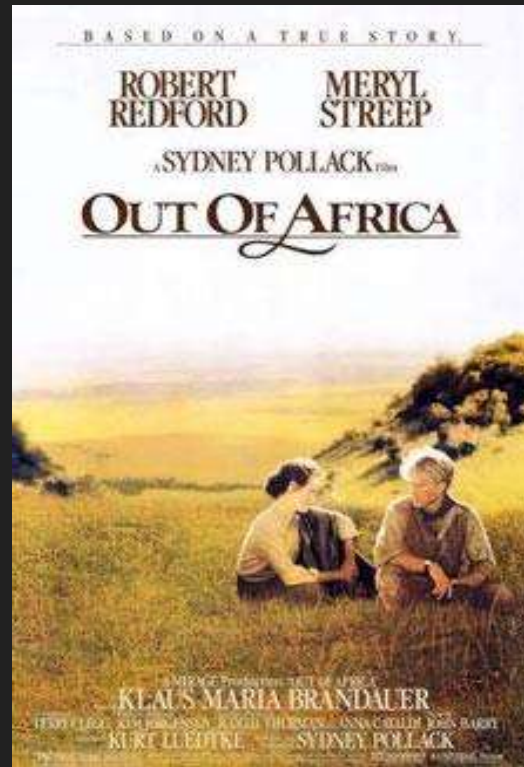
Alice Nutter, Chumbawamba





‘(E)xpressive writing promotes
sleep, enhanced immune function,
reduced alcohol consumption, and
more’

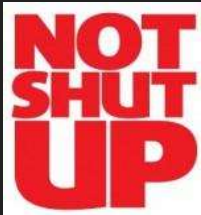
(Pennebaker and Chung, 2011)



‘All sorrows can be borne if you can
put them in a story’
(Isak Dinesen, 1957)

‘(W)e become the stories we tell
about ourselves’

(Bruner, 1987)



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