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Change Your Story, Change Your Life

Stephanie S. Tolan

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Change Your Story, Change Your Life Stephanie S. Tolan
In this mind-expanding book, Newbery Honor and Christopher Award-winning author Stephanie S. Tolan, who has been telling stories in the form of plays, novels, non-fiction books and articles for children and adults all her life, shares what she has learned about the power of story not just to express our experiences, but to create them. What Tolan calls Story Principle, explored in these pages, challenges the common view that reality is fixed and immutable, that we have little or no control over it, and that we live our lives within it as best we can. Story Principle suggests the radical idea that we live the stories we tell. Therefore, reality—a collection of stories—is infinitely changeable, one story and one story-teller at a time. Included here are not just ways to recognize stories and the ways they play out in your experience, but specific techniques for replacing them if you wish. This challenging book is an invitation to change your life by changing the stories you live.

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