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New Book Offers Transformative Approach to Writing and Personal Reflection

(Palisade CO—September 4, 2025) In a world hungry for genuine connection, two unlikely friends have discovered an extraordinary path to meaning-making through the simple yet profound act of writing together. *Writing Together: A Year of Meaning-Making and Friendship*, by Penny Williamson and Darcy Shaw, invites readers to reimagine writing as a tool for personal discovery, healing, and deep friendship.

Drawing from their backgrounds in facilitation and leadership development, Williamson and Shaw have created more than just a writing guide—they've crafted a lifeline for anyone feeling stuck, seeking renewal, or longing to understand their life's journey.

A Unique Writing Approach

Unlike traditional writing books, *Writing Together* offers:

- A step-by-step process for collaborative writing
- Techniques for generating meaningful writing prompts from poetry
- Insights from the Courage & Renewal approach
- An intimate look at how writing can transform personal understanding

“Writing has been an anathema to me for years,” says co-author Penny Williamson. “This book is not about being great writers. It’s about using writing to glean meaning from your life with a friend.”

Who Should Read This Book?

Writing Together speaks directly to:

- Professionals experiencing burnout
- Individuals navigating mid-life transitions
- Those feeling creatively stagnant
- Friends seeking deeper connection
- Anyone with untold stories waiting to be explored

Book Details

- Title: *Writing Together: A Year of Meaning-Making and Friendship*
- Authors: Penny Williamson and Darcy Shaw
- Publication Date: October 7, 2025
- Available: Bookstores, online retailers
- Format: Paperback, E-book

“Sharpen your pencil, charge your laptop,” the authors invite readers. “Prepare for a journey of unexpected connections and personal discovery.”

Engage with the Authors

Penny and Darcy have scheduled three live events to celebrate their book launch, one online and two at their local independent bookstores:

- [Tuesday, October 7: Event with Bookmark at University of PEI, Canada](#)
- [Sunday, October 19: Zoom Launch Party](#)
- [Thursday, November 6: Event at Head House Books, Philadelphia](#)

Find details at <https://creativecouragepress.com/writing-together/>

About the Authors

Penny Williamson, ScD, and **Darcy Shaw**, DVM, are longtime facilitators with the Center for Courage & Renewal who deepened their friendship through a shared commitment to reflective

writing. Penny, a U.S.-based educator and former Johns Hopkins faculty member, brings decades of experience guiding health care leaders toward authenticity and heart. Darcy, a Canadian veterinarian and professor emeritus, has spent his career bridging clinical medicine, communication, and leadership. Together, they offer a warm and trustworthy invitation to explore life's deeper questions—one story at a time.

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Digital Review Copies Available Upon Request

Presskit: <https://creativecouragepress.com/writing-together/#presskit>