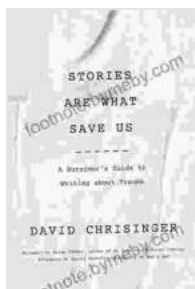


# Stories Are What Save Us: A Journey Through the Power of Narrative

In a world often characterized by division and conflict, it is easy to lose sight of the things that unite us. But as humans, we all share a fundamental need for connection and meaning. And one of the most powerful ways we can fulfill this need is through stories.

Stories have the ability to transport us to other worlds, introduce us to new perspectives, and help us to understand our own experiences. They can make us laugh, cry, and think. They can inspire us to change our lives and make a difference in the world.



## Stories Are What Save Us: A Survivor's Guide to Writing about Trauma by David Chrisinger

★★★★☆ 4.5 out of 5

Language : English  
File size : 2299 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 236 pages



In her book, **\*\*Stories Are What Save Us\*\***, author Susan Orlean explores the transformative power of storytelling. She draws from a wide range of sources, including literature, film, and personal experience, to show how stories can heal trauma, foster empathy, and ignite social change.

Orlean begins by examining the role of stories in our personal lives. She argues that stories are essential for our psychological well-being. They help us to make sense of our experiences, to cope with difficult emotions, and to find meaning in our lives.

Orlean also explores the power of stories to connect us to others. She shows how stories can bridge cultural divides, build empathy, and foster understanding. Through stories, we can learn about the lives of people who are different from us and come to appreciate their perspectives.

Finally, Orlean argues that stories have the power to inspire social change. She shows how stories can raise awareness of important issues, mobilize people for action, and create lasting change. Stories can help us to see the world in a new way and to imagine a better future.

**\*\*Stories Are What Save Us\*\*** is a passionate and persuasive case for the essential role of storytelling in human existence. It is a book that will inspire you to think more deeply about the power of stories and to use them to make a difference in your own life and in the world.

### **Praise for Stories Are What Save Us**

"A beautiful and inspiring book about the power of stories. Susan Orlean shows us how stories can heal, connect, and change the world." -

**\*\*Elizabeth Gilbert\*\***

"Stories Are What Save Us is a must-read for anyone who cares about the human condition. Orlean's insights into the power of storytelling are profound and moving." - **\*\*John Green\*\***

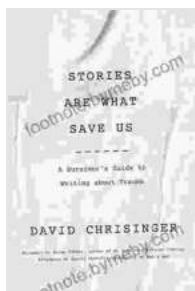
"Orlean's book is a celebration of the power of storytelling. It is a reminder that stories are not just entertainment; they are essential to our humanity." - \*\*The New York Times\*\*

## About the Author

Susan Orlean is an American journalist and author. She is a staff writer for \*\*The New Yorker\*\* and has written for a wide range of other publications, including \*\*The Atlantic\*\*, \*\*Harper's\*\*, and \*\*Esquire\*\*. She is the author of several books, including \*\*The Orchid Thief\*\*, \*\*The Library Book\*\*, and \*\*The Overstory\*\*. Orlean is a recipient of the National Book Award for Nonfiction and the Pulitzer Prize for Feature Writing.

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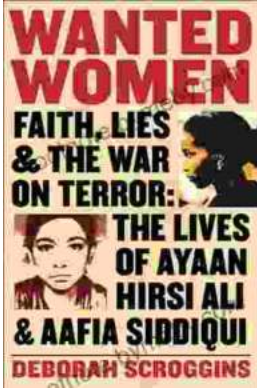


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