

ABOUT

Trisha Howell

Author of

The Journeying Workbook: Adventuring to Unleash Your Inner Power

Trisha Howell has always loved extensively researching and writing about nonfictional topics. From early grade school in Anchorage, Alaska through a doctoral program in philosophy at Stanford University, Trisha wrote thousands of pages of essays on a wide variety of topics, and many of her essays won awards. She earned a BA in Philosophy (University of Washington), MA's in Philosophy and Humanities (Stanford University) and an MA in Critical Film Studies (University of Southern California), while co-teaching courses at Stanford University and USC. Trisha credits her training in philosophy with developing the clarity and precision in logical thinking that is essential to researching and writing good nonfiction.

Having also written short stories and poems all her life and kept a daily journal since she was fourteen, Trisha finally got into serious writing while in film school at USC, publishing 60+ nonfictional articles in magazines and newspapers. She also worked for a film production company and wrote screenplays. After she became disillusioned with the film industry, Trisha started writing books. In 1997 she wrote her first book, an expose of the politics of medicine, entitled *Killers of the Cure: The Medical Monopoly's War Against Your Health*. She established Howell Canyon Press in 2003.

Trisha began studying yoga and meditation extensively in 1990. In 1995 she studied Tensegrity over six months with Carlos Castaneda and other shamanic practitioners. In 1996 she studied Plant Spirit Medicine over seven months with Eliot Cowan, who introduced her to shamanic journeying. Doing shamanic journeys with Gwilda Wiyaka in 2000 reawakened this interest. When Trisha then journeyed on the mountain behind her wilderness home, *The Journeying Workbook* appeared fully formed in her mind. She wrote the first draft over several days without stopping. Her knowledge of journeying has grown through extensive experimentation over the past four years, which has enriched the book, but the initial structure remains the same that was given to her during that first journey. Since then, Trisha has also become a Reiki master and a yoga instructor. She's studied gemstone therapy and other energetic modes of healing, and she is currently researching various shamanic and magical traditions for a series of upcoming novels.

Trisha and her husband Dean live on 40 wooded acres in Snohomish, Washington. The household presently includes sons Derek and Brandon, Pekingese Addie and Rocky (inspiration for a series of juvenile chapter books), and German Shepherds Hanna and Alex (who each have inspired their own book). An avid reader and writer, Trisha also enjoys nature, hiking, yoga, golf, bowling, travel, movies, games, and languages (she speaks 6 fluently). She can be reached at Trisha@TrishaHowell.com