



Author Bio

Katherine Mayfield

A former actress who appeared Off-Broadway and on the daytime drama *Guiding Light*, Katherine Mayfield is the author of the award-winning memoir *The Box of Daughter: Healing the Authentic Self*; a book for teens who have been bullied, *Bullied: Why You Feel Bad Inside and What to Do About It*; two books on the acting business: *Smart Actors, Foolish Choices* and *Acting A to Z*, both published by Back Stage Books; a book of poems, *The Box of Daughter & Other Poems*; and the Kindle book *Dysfunctional Families: The Truth Behind the Happy Family Facade*.

Ms. Mayfield has appeared on NBC-TV's "207," and has been a guest on the radio shows "Maine Calling" and "The Matthew Brower Radio Show." Her memoir *The Box of Daughter* won awards in both the 2012 New England Book Festival and Reader's Favorite Book Awards, and was nominated as a Finalist in the 2013 Maine Literary Awards. Her short story, *The Last Visit*, which is based on the last time she visited her father in hospice care, won the Honorable Mention award in the 2011 Warren Adler Short Story Contest. She has written for national magazines, local newspapers, and numerous websites, and has received funding from the Maine Arts Commission.

Publication credits include *Dance Teacher Now* magazine, *Dance Spirit* magazine, The Significato Journal online, *Sasee* magazine, *The Women's Times*, the *Greenfield Recorder*, Salon.com, TinyBuddha.com, MeaningfulWomen.com, and WomensMemoirs.com. Ms. Mayfield is also a ghostwriter and editorial consultant.

Ms. Mayfield appears regularly at the Portsmouth Athenæum's Wednesday Writers' Series in Portsmouth, NH. She has taught writing workshops and classes in Maine and Massachusetts, and blogs on *Dysfunctional Families* on her website, www.TheBoxofDaughter.com.

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