

Katherine Mayfield
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PUBLISHED BOOKS:

The Box of Daughter: Healing the Authentic Self
(Maine Authors Publishing, 2012)
The Box of Daughter & Other Poems
(The Essential Word, 2011)
Acting A to Z: The Young Person's Guide to a Stage or Screen Career
(Watson-Guptill Publications, 1998; Second Edition published 2006)
Smart Actors, Foolish Choices: A Self-Help Guide to Coping with the Emotional Stresses of the Business
(Watson-Guptill Publications, 1996)

REPRESENTATIVE PRINT ARTICLES / COLUMNS:

Spotlight on Recovery "Letting Go of the Victim Mentality"
Dance Teacher Now magazine:
"Promoting Healthy Competition in the Classroom"
"Sense and Sensibility"
Dance Spirit magazine:
"Healthy Competition"
"Developing Artistry"
Sasse Magazine "This is the Year for Me"
"Walking the Tightrope"
The Montague Reporter, Montague, MA:
"The View from Lake Pleasant" – weekly column on living the simple life
The Women's Times, Pioneer Valley edition:
"With These Hands: An Entrepreneur Fosters Creativity in Kids"
"Coming of Age at 72: When Loss Brings Self-Discovery"
The Recorder, Greenfield, MA:
Guest writer: "Unitarian Universalism Offers Man a New Path"

REPRESENTATIVE WEB ARTICLES:

Asca.org (adult survivors of child abuse) "Disengaging from the Pain of an Abusive History"
Women.com "Expect the Best"
"There is Life After Caregiving"
Fiftyshift.com: "Life in the Blender"
"No More Emergencies"
"The Beauty and Value of an End-of-Life Service"

EDUCATION:

B.A. from Loretto Heights College in Denver, CO (now Regis College)

AWARDS:

2012: *The Box of Daughter*: Bronze Medal in the Reader's Favorite Book Awards
2011: *The Last Visit*: Honorable Mention in the Warren Adler Short Story Contest