

List of Books, Essays and Resources.

This is a curated list of books that have deeply moved me or helped me as a writer.

Full-Length Memoir Books

- [I Know Why the Caged Bird Sings - by Maya Angelou](#) (childhood, identity)
- [The Glass Castle - by Jeannette Walls](#) (family story of resilience)
- [Brown Girl Dreaming - by Jacqueline Woodson](#) (verse memoir about growing up)
- [Shame On Me - by Tessa McWatt](#) (identity & belonging)
- [A Man of Two Faces - by Viet Thanh Nguyen](#) (personal + historical reflection)
- [Educated - by Tara Westover](#) (family, education)
- [Born a Crime - by Trevor Noah](#) (identity, race, humor)
- [Brain on Fire - by Susannah Cahalan](#) (health, identity)
- [Eat, Pray, Love - by Elizabeth Gilbert](#) (Divorce, self-discovery, travel, spirituality)

Short Memoir & Personal Essay Lists

- [Vern by Stephanie Vessely](#)
- [Senior Lesbian Widow Seeks Love Online by Julia Grant](#)
- [Scars David Owen](#)
- [The Glass Castle - Jeannette Walls](#)
- [I've watched my parents grow old over video calls. It's a quiet grief I never expected - Estefania De La Concha](#)
- [The Uncaged Voice: Stories by Writers in Exile - Edited by Keith Ross Leckie](#)

Books and Resources about Writing & Living Creatively :

- [I'm Not a Content Creator, and That's Okay - Estefania De La Concha](#)
- [The Courage to Create - Estefania De La Concha](#)
- [How to read like a writer - The Novelry](#)
- [On Writing Well - William Zinsser](#)
- [The Art of Memoir - Mary Karr](#)
- [Writing About Your Life - William Zinsser](#)
- [Big Magic. Creative Living Beyond Fear - Elizabeth Gilbert](#)
- [The Canadian Guide to Creative Writing and Publishing - Patricia Westerhof](#)

Some of the links may be affiliate links, which means that if you choose to buy a book I may earn a small commission, at **no extra cost to you**. This helps support my work and allows me to continue creating resources like this for our community.