

# Robin Finn

## Biography:

Robin Finn MPH, MA, is an award-winning writer, teacher, and author of the new book, Heart. Soul. Pen.: Find Your Voice on the Page and in Your Life (Morehouse Publishing, April 30, 2024). Her work has appeared in national and international press, including *The New York Times*, *The Washington Post*, the *Los Angeles Times*, and more. She teaches at the esteemed UCLA Extension Writer's Program and is a cum laude graduate of UCLA. Robin holds master's degrees in public health from Columbia University and in spiritual psychology from the University of Santa Monica. She lives in Los Angeles with her family where she writes about midlife, spirituality, the creative process, and finding inner peace (sort of). She is a longtime advocate for children with ADHD and learning differences. Find her at [www.robinfinn.com](http://www.robinfinn.com).

The New York Times

HUFFPOST

BBC

The Washington Post

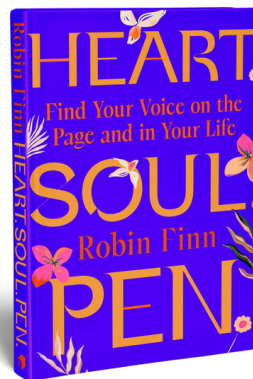
THRIVE GLOBAL

Los Angeles Times

BuzzF

## Interview Questions:

- You talk about 'limiting beliefs' holding women back from writing. What are the most common and where do they originate?
- What is one of the most memorable stories you've heard from someone unlocking their voice in one of your workshops?
- What is the importance of rituals and protective spaces for writing? Tips for carving them out?
- Why is it so difficult to open up candidly? What's the importance of sharing intimate details?
- What is radical self-expression and why do you call it the missing piece?
- What is the symbolism of "Heart. Soul. Pen." in your book title?
- What tip or strategy is critical to overcome resistance and judgement to unlock creativity?
- One message to women feeling their voice doesn't matter?
- Tell us about the role of writing in alleviating loneliness. Biggest takeaways and advice for getting started?



## Interview Topics:

- Major life transitions: Motherhood, menopause, midlife, career changes,
- Grief and loss: Losing parents, aging, empty nesting,
- Loneliness: Writing as a way to connect to oneself and others,
- Identity: Who am I apart from the roles I play as mother, daughter, wife, partner, friend.

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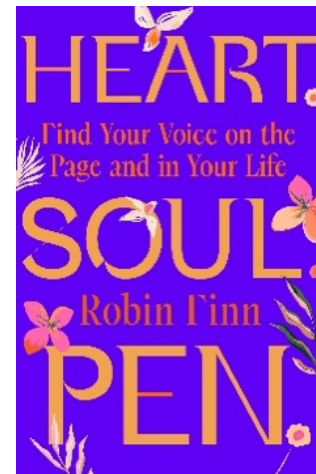


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FOR IMMEDIATE RELEASE

**AWARD-WINNING WRITER AND TEACHER, ROBIN FINN,  
GIVES WOMEN THE TOOLS THEY NEED TO DISCOVER THEIR  
VOICE AND THEMSELVES IN NEW BOOK, *HEART. SOUL. PEN.***

**SAN DIEGO, CA** — February 1, 2024 — Robin Finn, MPH, MA, an award-winning writer, teacher, and coach. Finn, who teaches at the esteemed UCLA Extension Writer's Program, announces the upcoming release of her new book, [\*Heart. Soul. Pen.: Find Your Voice on the Page and in Your Life\*](#), a life-altering guide in which she harmoniously blends her personal experience and expertise in women's health and spiritual psychology with actionable steps anyone can take to unlock their true potential as a writer. Finn, who also hosts workshops for organizations such as Columbia University Alumni Association, is a widely published essayist whose work has appeared in *The New York Times*, *The Washington Post*, the *Los Angeles Times* and many more.



Inspired by Finn's acclaimed program of the same name, *Heart. Soul. Pen.* has already brought about a sea change in innumerable lives, helping women reconnect with their inner voice and embrace their inherent worth. Now, Finn has distilled her method into ten incisive steps that guide readers on an extraordinary voyage of self-discovery, one that gives them the tools for not only unlocking the keys to individual expression, but also forging a path to spiritual and personal empowerment.

Each chapter breaks down a specific step of the creative writing process, helping readers to take action right away. Chapters titles such as: *Revise & Release Limiting Beliefs*, *Create a Writing Ritual*, *Write Faster Than You Think* (with a list of sample writing prompts), *Make and Keep Creative Commitments* (hint: make it easy), *Share With Intention*, and even how to *Start a Successful Heart. Soul. Pen. Writing Group*. There's something for every stage of the journey – it's like having a mentor and coach by your side, giving feedback, and inspiring the reader to keep writing.

Robin Finn's journey to *Heart. Soul. Pen.* sprang out of her experience as a mother to a very spirited child with severe ADHD. With the ferocity of a protective mom, she became an advocate for her child as well as an advocate for all moms facing the judgment and shame of raising a child who is different. This led her to a degree in spiritual psychology and a new sense of purpose to empower women to reclaim their voices and unleash their radical self-expression. In *Heart. Soul. Pen.*, Finn guides readers to process and write about what matters most to them, including:

- Major life transitions: Motherhood, menopause, midlife, career changes,
- Grief and loss: Losing parents, aging, empty nesting,
- Loneliness: Writing as a way to connect to oneself and others,
- Identity: Who am I apart from the roles I play as mother, daughter, wife, partner, friend – all of these situations require pause and reflection. Finn masterfully helps us write and unleash what is percolating inside as a path to self-discovery and healing.

"*Heart. Soul. Pen.* gave me the confidence to believe in myself and my story and write my first book, which changed my life," says Jamie Fiore Higgins, author of *Bully Market: My Story of Money and Misogyny at Goldman Sachs* and one of the *Financial Times* Top 25 Most Influential Women of 2022. "I would recommend this book to any woman who is searching for her voice."

Packed with inspiration and actionable guidance, this book is perfect for both novice and experienced writers alike. Readers of Anne Lamott, Elizabeth Gilbert, and Julia Cameron will find similarities in style with Finn's work.

Melissa Gould, International Bestselling author of *Widowish*, says, "*Heart. Soul. Pen.* offers me support and encouragement and a well-defined path to follow with my writing. I always find what I need to keep moving forward. These are tools I go back to over and over again."

**Robin Finn, MPH, MA, is** an award-winning writer, teacher, and coach, and the founder of Heart. Soul. Pen.® women's writing workshops, blending wellness, writing, and radical self-expression for women, and Hot Writing™ where midlife and menopause inspire the desire to say what you mean without apologizing. As a writer, Robin's (very personal) personal essay on a humorous moment of midlife parenting, [When Our Daughter Walked In On us](#), was featured in *The New York Times* and became one of the *NYT Most Read Stories of 2019*. Her work has been featured in *The Washington Post*, the *Los Angeles Times*, *BuzzFeed*, the Jewish Telegraphic Agency, BBC radio, and more. A cum laude graduate of UCLA, Robin holds master's degrees in public health from Columbia University and in spiritual psychology from the University of Santa Monica. She lives in Los Angeles with her family where she writes about midlife, spirituality, the creative process, and finding

inner peace (sort of). She is a longtime advocate for children with ADHD and learning differences.

To schedule an interview, please contact Carina Sammartino,  
carina@parallel33pr.com.

**Heart. Soul. Pen.** *Find Your Voice on the Page and In Your Life*  
9781640657076  
Hardcover, \$25.95  
April 2024  
224 pages

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### **Suggested Interview Questions**

Robin Finn, Author of *Heart. Soul. Pen.*

1. Your book talks about how limiting beliefs hold women back from expressing themselves fully. What are some of the most common limiting beliefs you've seen, and where do they come from?
2. In your workshops, you've seen many women open up through writing in profound ways. What is one story that stands out to you of writing unlocking someone's voice?
3. Your book guides women to create rituals and protective spaces for writing. Why are these so important for the creative process? What advice do you have for carving out these spaces?
4. You share very personal stories about being a mother, your own mother's death, raising a child with ADHD and more. Was it difficult to open up so candidly? Why was it important for you to share these intimate details? What made you realize that connecting to creativity and radical self-expression was the missing piece in your life? When did you know you needed to prioritize this?
5. You created an innovative "Deck of Qualities" to summon inner strength while writing. Can you walk us through how to use the Deck of Qualities?
6. Your book title *Heart. Soul. Pen.* is very symbolic. What do each of those elements represent to you?
7. You offer practical tools for overcoming resistance and judgement to unlock creativity. What tip or strategy do you find yourself going back to again and again?
8. What would you say to women who feel that their voice and stories don't matter? How do you convey to them the power of radical self-expression?
9. In 2023, you were awarded a city grant to design a *Heart. Soul. Pen.* workshop to help mothers write about the isolation of the Covid-19 pandemic and the aftermath. What role can writing play in alleviating loneliness? What were the biggest takeaways? What advice do you have for mothers who want to start writing?