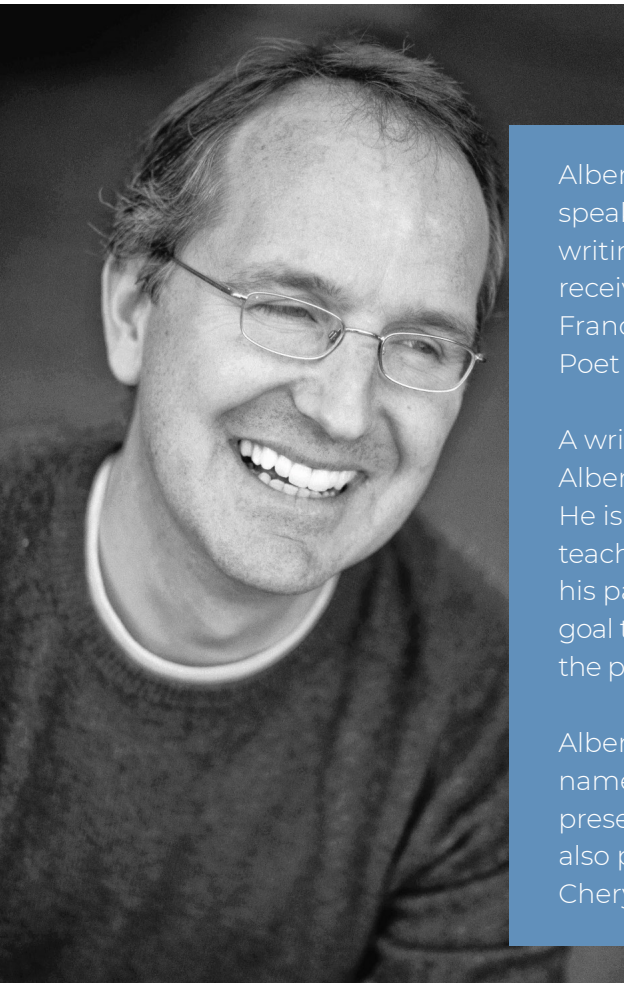


Albert Flynn DeSilver



Albert Flynn DeSilver is an award-winning internationally published writer, speaker, and workshop leader known for merging the art of creative writing with the evolutionary practice of mindfulness meditation. After receiving a BFA from the University of Colorado and an MFA from the San Francisco Art Institute, Albert served as Marin County California's very first Poet Laureate from 2008-2010.

A writer of multiple genres including poetry, memoir, and nonfiction, Albert's work has appeared in more than 100 literary journals worldwide. He is the founder of the Brilliant Writers Online Writing School, and teaches writing at literary conferences nationally. His teaching is driven by his passion of reminding people of their inherent creative genius, and his goal to help others reignite their joy, fun, spontaneity, and wisdom through the practice and process of writing.

Albert's memoir "Beamish Boy: A Memoir of Recovery & Awakening" was named one of Kirkus Reviews "Best Books of 2012." He has given presentations at TEDx, AWP-New York, and the British Institute, and has also presented with U.S poet laureate Kay Ryan, bestselling authors' Cheryl Strayed, Elizabeth Gilbert, Maxine Hong Kingston and many others.

TOPICS:


- Writing & Creativity
- Meditation Mindfulness & Spiritual Transformation
- Addiction & Recovery
- Lifestyle & Wellness

QUESTIONS:


- How can people use writing as a transformational practice for healing?
- What are some practices we can do to overcome compulsive and addictive behaviors?
- How can people manage anxiety, fear, and doubt in order to reconnect to their authentic creative selves?

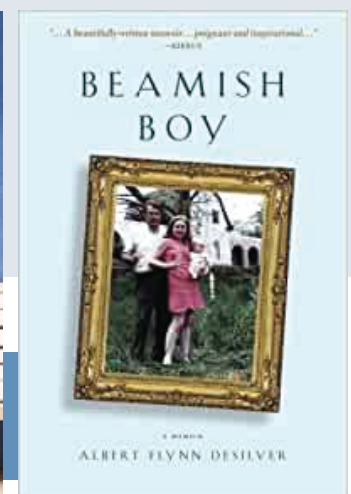
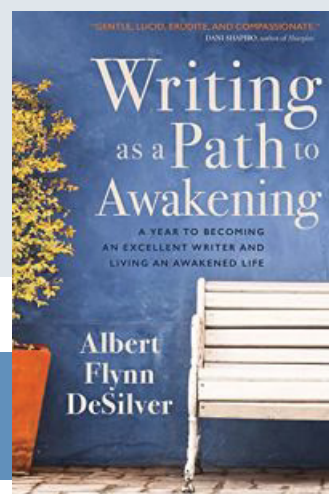


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 albertflynnandesilver.com

 [/albertflynnandesilver](https://www.youtube.com/albertflynnandesilver)

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Writing as a Path to Awakening: A Year to Becoming an Excellent Writer and Living an Awakened Life - Named one of Poets & Writers "Best Books for Writers, 2018"

Beamish Boy - named a "Best Book of 2012" by Kirkus Reviews.