

Katherine Mayfield

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www.TheBoxofDaughter.com

AUTHOR / SPEAKER

PUBLISHED BOOKS:

Bullied: Why You Feel Bad Inside and What to Do About It (Maine Authors Publishing, 2013)
The Box of Daughter: Healing the Authentic Self (Maine Authors Publishing, 2012)
Dysfunctional Families: The Truth Behind the Happy Family Façade (The Essential Word, 2012)
The Box of Daughter & Other Poems (The Essential Word, 2012)
Acting A to Z: The Young Person's Guide to a Stage or Screen Career
(Back Stage Books, 1998; Second Edition published 2006)
Smart Actors, Foolish Choices: A Self-Help Guide to Coping with the Emotional Stresses of the Business
(Back Stage Books, 1996)

REPRESENTATIVE PRINT ARTICLES / COLUMNS:

Spotlight on Recovery "Letting Go of the Victim Mentality"
Dance Teacher Now "Promoting Healthy Competition in the Classroom"
"Sense and Sensibility"
Dance Spirit "Healthy Competition"
"Developing Artistry"
Sasse Magazine "This is the Year for Me"
"Walking the Tightrope"
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"
The Montague Reporter "The View from Lake Pleasant" – weekly column on living the simple life

REPRESENTATIVE WEB ARTICLES:

TinyBuddha.com "Reclaiming Yourself After a Difficult Childhood"
"Recovering from Bullying and Abuse"
MeaningfulWomen.com "Expect the Best"
"There is Life After Caregiving"

AWARDS:

2013: *The Box of Daughter* Finalist in the 2013 Maine Literary Awards
2012: *The Box of Daughter* 2012 New England Book Festival Honorable Mention Award
and Bronze Medal in the 2012 Reader's Favorite Book Awards
2011: *The Last Visit* Honorable Mention in the Warren Adler Short Story Contest

REPRESENTATIVE TELEVISION AND RADIO GUEST APPEARANCES:

NBC-TV's "207" (2013):

<http://www.wcsh6.com/life/programming/local/207/article/255681/50/Author-Katherine-Mayfield-on-Bullied>

The Matthew Brower radio show (2013): <http://www.youtube.com/watch?v=QXOWPbP4bzg>

Maine Calling (Maine Public Broadcasting Network, 2013):

<http://www.mpbn.net/Home/tabid/36/ctl/ViewItem/mid/4604/ItemId/30538/Default.aspx>

SPEAKING ENGAGEMENTS/CLASSES/WORKSHOPS:

2014	Keynote Speaker	New England Conference of the United Methodist Church, Concord, NH
2013	Keynote Speaker	South School PTO, Rockport, ME
2013	Keynote Speaker	Ogunquit Rotary Club, Ogunquit, ME
2013	Panel Member: Book Marketing	New England Book Festival, Boston, MA
2013	Writing and Publishing Your Memoir	Maine Adult Education—various locations
2013	Indie Publishing: Is It Right for You?	Portsmouth Athenaeum, Portsmouth, NH
2013	Writing Your Memoir	York Senior Center, York, ME
2013	Selling with Serenity	Maine Authors Publishing, Rockland, ME
2012	The Art of the Memoir	Portsmouth Athenaeum, Portsmouth, NH
2012	Effective Author Presentations	Maine Authors Publishing, Rockland, ME
2012	Moderator – Panel on Writing Fiction	Portsmouth Athenaeum, Portsmouth, NH
2012	Unleash Your Creative Writing Genius	York Adult Ed, York, ME
2011	Overcoming Writer's Block	Wells/Ogunquit Adult Ed, Wells, ME
2010	Moderator – Panel on Writing Memoir	WriteAngles Writing Conference, MA

MEMBERSHIPS:

Maine Writers and Publishers, Portland, ME (www.mainewriters.org)

Institute of Noetic Sciences, Petaluma, CA (www.noetic.org)

EDUCATION:

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