

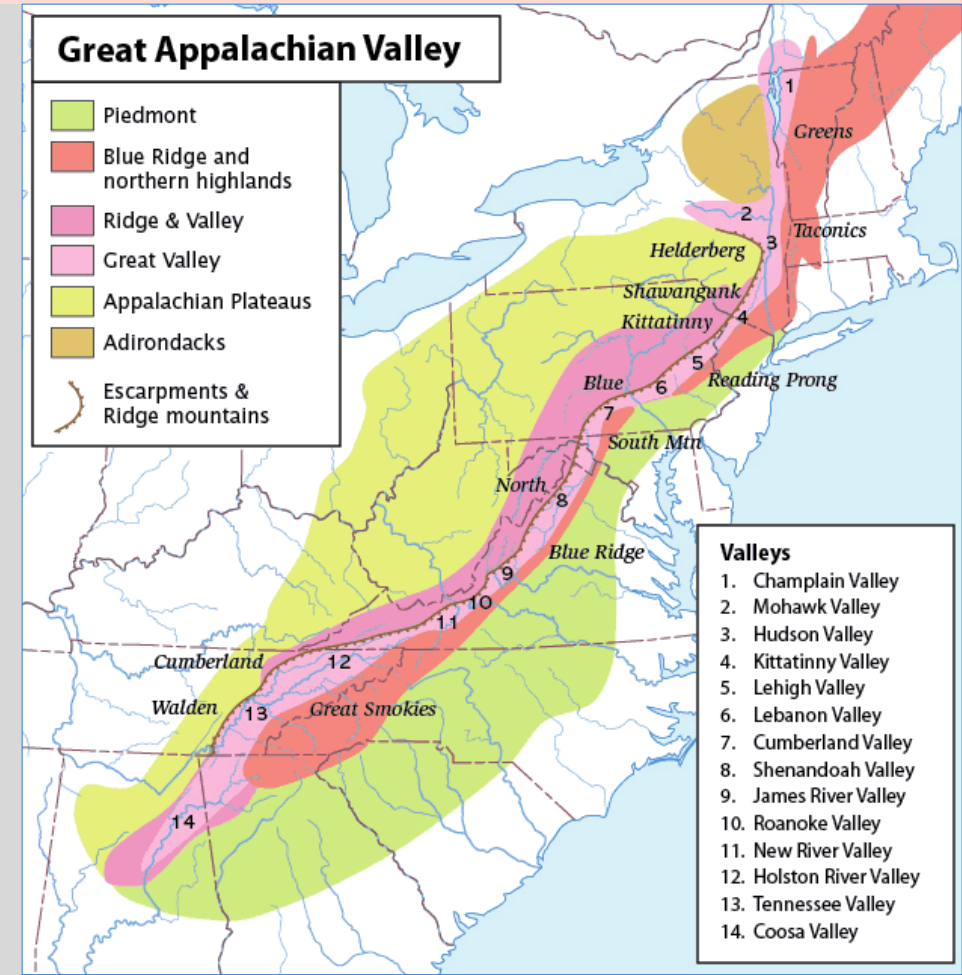


TO SEE THINGS IN A NEW
LIGHT: TALES FROM AN
AFFRILACHIAN
STORYTELLER

With Lyn Ford

Storyteller, Author, Poet, Ohio
Teaching Artist and Creative Aging
Project Workshop Facilitator, Laughter
Wellness Ambassador, Great-grandma

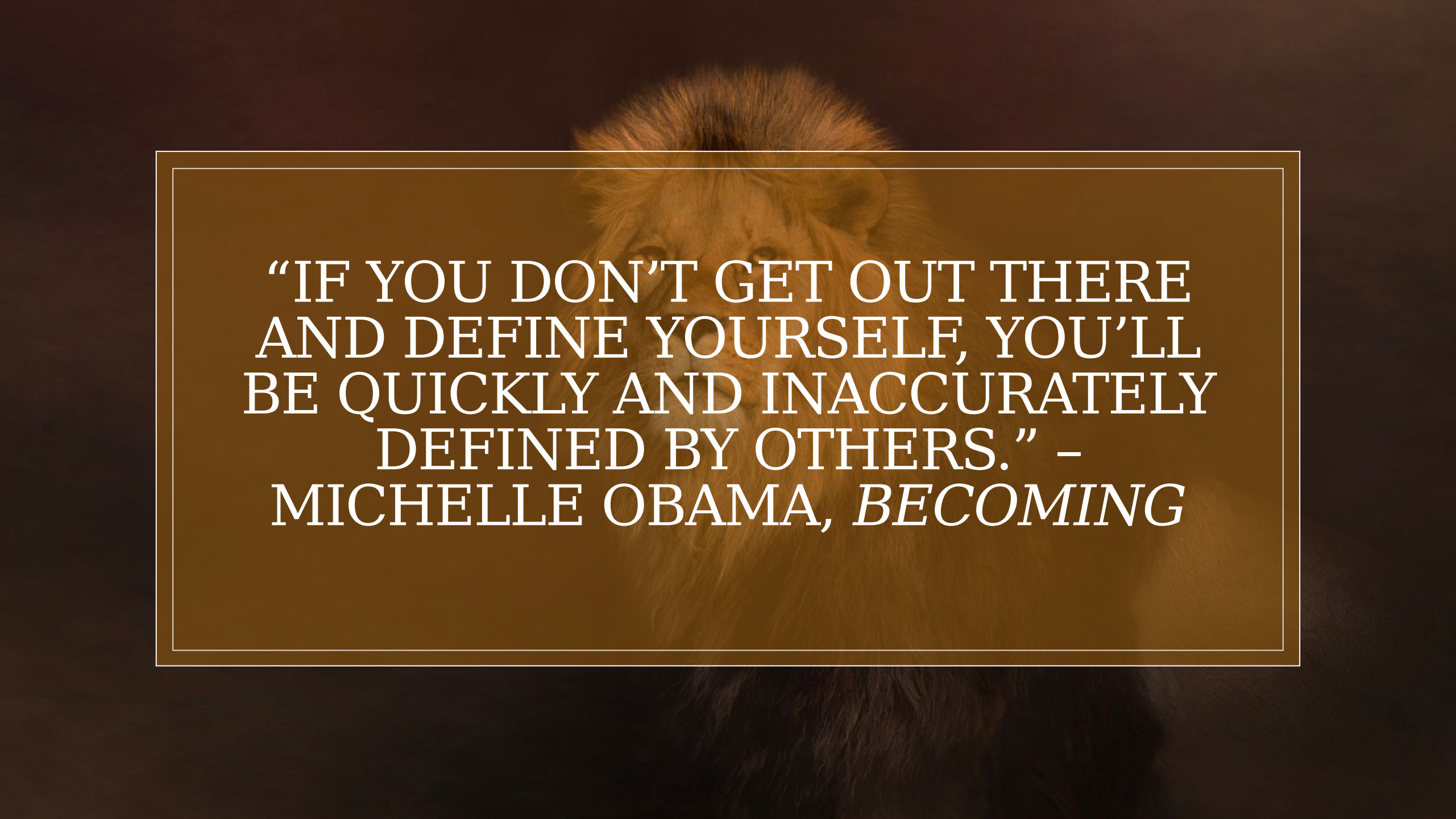
WHERE IS "APPALACHIA"?



“The ability to see our lives as stories and share those stories with others is at the core of what it means to be human. We use stories to order and make sense of our lives, to define who we are, even to construct our realities: this happened, then this happened, then this. I was, I am, I will be. We recount our dreams, narrate our days and organize our memories into stories we tell others and ourselves. **As natural-born storytellers, we respond to others’ stories because they are deeply, intimately familiar.”**— John Capecci and Timothy Cage, authors of *Living Proof: Telling Your Story to Make a Difference* (advocacy for people and causes)



THE HUNTER WILL
ALWAYS BE THE HERO,
UNTIL THE LION TELLS
THE STORY.

A close-up photograph of a lion's face, centered in the background. The lion's eyes are looking directly at the camera. The entire image is overlaid with a semi-transparent golden-brown rectangular frame. The text is centered within this frame in a white, serif font.

“IF YOU DON’T GET OUT THERE
AND DEFINE YOURSELF, YOU’LL
BE QUICKLY AND INACCURATELY
DEFINED BY OTHERS.” –
MICHELLE OBAMA, *BECOMING*



INHALE...RELAX...
EXHALE YOUR STORY.

“Life is to be lived, not controlled, and humanity is won by continuing to play in the face of certain defeat.” – Ralph Ellison, *Invisible Man*

“Courage does not always roar.” – Tomi Adeyemi, *Children of Blood and Bone*

**THANK YOU FOR OUR
STORY TOGETHER.**

**QUESTIONS
?**

Lyn Ford

friedtales2@gmail.com

