



## INSIDE STORIES

Resources for Creative Writing Booklet

### Links and Recommended Reading:

#### **Introduction:**

The following links go along with the INSIDE STORIES Creative Writing Booklet, offering you extra stories and information that will entertain you and also let you in on the amazing effects stories have on us. (There are also more technical links, like research papers, or links to things that, whilst they may not necessarily add to your writing experience, you might find interesting to know.) I would recommend, enticing though it might be to jump ahead, that you only go to the links for the lesson you are on, taking the full six weeks of the course to get through all of them. Call it a pleasure delay: something to look forward to next week.

#### **Lesson 1: *The Storyteller In You***

Parts of the brain and their functions: <https://humanoriginproject.com/function-brain-parts/>

Article - 'Your Brain On Fiction' by Annie Murphy Paul (New York Times):

[https://www.nytimes.com/2012/03/18/opinion/sunday/the-neuroscience-of-your-brain-on-fiction.html?adxnnl=1&pagewanted=all&adxnnlx=1354716276-vBCJNxgtIuIFGnU+PmkBpA&\\_r=1&](https://www.nytimes.com/2012/03/18/opinion/sunday/the-neuroscience-of-your-brain-on-fiction.html?adxnnl=1&pagewanted=all&adxnnlx=1354716276-vBCJNxgtIuIFGnU+PmkBpA&_r=1&)

Video - 'Neuroscience Behind Storytelling' - Contracted version of TEDx Talk 'This Is Your Brain On Storytelling' by Uri Hasson (Youtube): [https://www.youtube.com/watch?v=Q3\\_MYEd3DHg](https://www.youtube.com/watch?v=Q3_MYEd3DHg)

Article - 'The Science of Storytelling: Why Telling a Story is the Most Powerful Way to Activate Our Brains' by Leo Widrich (Buffer):

<https://buffer.com/resources/science-of-storytelling-why-telling-a-story-is-the-most-powerful-way-to-activate-our-brains/>

Video - Empathy, Neurochemistry, and the Dramatic Arc: Paul Zak at the Future of Storytelling 2012 (Youtube): <https://www.youtube.com/watch?v=q1a7tiA1Qzo>

Research - 'Speaker-listener neural coupling underlies successful communication' (NCBI): <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2922522/>

## **Lesson 2: The Whole Story**

The Lindworm - A story told by Martin Shaw: <https://www.youtube.com/watch?v=z7-uZSIUSpU>

Pittsburgh University - Folklore and Mythology: <https://www.pitt.edu/~dash/folktexts.html>

Flashlight - True Life Storytellers: <https://flashlighttellers.wixsite.com/flashlighttellers>

The Moth - True Life Stories: <https://themoth.org/stories>

Women Who Run With The Wolves - Clarissa Pinkola Estes:

<https://www.amazon.co.uk/Women-Who-Run-Wolves-Contacting/dp/1846041090>

## **Lesson 3: Twisted Tales**

The Writing Cooperative - Article - Why You Should Embellish Your Stories:

<https://writingcooperative.com/should-you-embellish-for-dramatic-effect-4ce54cbeeb>

Tradition version of story - What Happens When You Really Listen:

[https://college.holycross.edu/projects/himalayan\\_cultures/2011\\_plans/lgreen/documents/What\\_Happens\\_When\\_You\\_Listen.pdf](https://college.holycross.edu/projects/himalayan_cultures/2011_plans/lgreen/documents/What_Happens_When_You_Listen.pdf)

World of Tales: <https://www.worldoftales.com/folktales.html#gsc.tab=0>

Traditional Arts Team: <https://tradartsteam.co.uk/>

Storytelling Café: <https://tradartsteam.co.uk/About-Storytelling-Cafe.html>

## **Lesson 4: Moving Stories**

Blog post by Sian Beilock Ph.D. (author of [Choke](#)) - Why Talking With Our Hands Helps Us Think Better:

<https://www.psychologytoday.com/us/blog/ulterior-motives/200904/why-do-we-move-our-hands-when-we-talk-i-finding-the-right-words>

Stanford University study finds walking improves creativity (article by May Wong):

<https://news.stanford.edu/2014/04/24/walking-vs-sitting-042414/>

‘Does Posture affect your learning/confidence/ mood?’ (BodyPosture.com):

<https://yourbodyposture.com/does-posture-affect-your-learning-confidence-mood/>

<https://www.psychologytoday.com/us/blog/fulfillment-any-age/201502/why-we-remember-things-the-way-we-want-remember-them>

Paper - ‘Using actions to enhance memory: effects of enactment, gestures, and exercise on human memory’ by Christopher R. Madan and Anthony Singhal (Frontiers in Psychology):

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3536268/>

'Give Your Ideas Some Legs: The Positive Effect of Walking on Creative Thinking' - Marilyn Oppezzo and Daniel L. Schwartz - Stanford University:

<https://www.apa.org/pubs/journals/releases/xlm-a0036577.pdf>

### ***Lesson 5: Changing Your Story***

Gwynn ap Nudd and St. Collen: <http://www.ancienttexts.org/library/celtic/ctexts/collen.html>

Blog post - The Legend of Saint Collen of Llangollen:

<https://zvetevans.wordpress.com/2016/03/01/the-legend-of-saint-collen-of-llangollen/>

BBC Two - Spark - Katrice Horsley - Storyteller: <https://www.bbc.co.uk/programmes/p00zy6yc>

TEDx Talk - 'Change Your Story, Change Your Life' by Jenna Arak:

<https://www.youtube.com/watch?v=TPPMc35XmXs>

A story by Katrice Horsley - Anlabe (Oxford Owl):

<https://www.youtube.com/watch?v=jT2pLtHCIEk>

'How to Use the Hero's Journey for Personal Development' by Scott Jeffrey:

<https://scottjeffrey.com/heros-journey-steps/>

### ***Lesson 6: Going With The Flow***

Sivka-Burka: <http://www.artrusse.ca/FairyTales/sivka-burka.htm>

Why Stories Bring People Together (Psychology Today):

<https://www.psychologytoday.com/gb/blog/you-illuminated/201106/why-sharing-stories-brings-people-together>

Neil Gaiman's eight tips on how to write a short story (BBC):

<https://www.bbc.co.uk/programmes/articles/2xRBPL1VlMZVLZbJ1R3mkTK/neil-gaimans-eight-tips-on-how-to-write-a-short-story>

### ***Further reading***

The Art of Storytelling: Easy Steps To Presenting An Unforgettable Story' by John Walsh:

[https://www.amazon.co.uk/dp/0802411339/ref=as\\_li\\_ss\\_tl?language=en\\_US&ie=UTF8&linkCode=gs2&linkId=5e521020291fdc6b6a9d91e751cf714a&tag=upjourney-21](https://www.amazon.co.uk/dp/0802411339/ref=as_li_ss_tl?language=en_US&ie=UTF8&linkCode=gs2&linkId=5e521020291fdc6b6a9d91e751cf714a&tag=upjourney-21)

'On Writing' by Stephen King: <https://www.amazon.co.uk/Writing-Memoir-Craft-Stephen-King/dp/1444723251>

'Into the Woods: How Stories Work and Why We Tell Them' by John

Yorke: <https://www.amazon.co.uk/Into-Woods-Stories-Work-Tell/dp/0141978104>