

July 2014

"I love Lois's class!" I find myself writing, dreaming books...taking notes everywhere!

This whirlwind writing class with Lois has picked me up...spun me around, and set me down feeling confident and centered in my ideas. As a yoga teacher, I find myself writing instead of chanting in the ambrosial hours - the time between 3 a.m. and 5 a.m. when most people are sleeping.

Lois rescues me with her wisdom, and also reminds me that even with a toddler running around I must find the time and energy to write! Writing class with Lois Cahall is an adventure in creativity, realism and insomnia!

- Mindy Galamaga, LMT, Kundalini teacher & Birth Doula

"Testimonials is a word too commonly used, but in the case of Lois Cahall a tribute is fitting and deserving. I have taken several classes from her and am always astounded by her uncanny ability to teach and to listen, a skill that is seldom seen in a teacher today.

I am a retired teacher myself and Lois not only dared to care about me and my writing, she dared to push me further, but in a gentle, kind, and compassionate way. She is honest, direct, and brilliant. These qualities are important, but they are more so for me because I am very private with my writing. But, Lois doesn't judge and she allows me, as well as others, to share in a safe "family" environment.

It is the first time I haven't felt nervous or anxious around any teacher, who I now would like to call my friend, since my AP English teacher some 30 years ago. Lois is a gift! If you are lucky enough to take a class with her, jump at the chance.

Michelle Sohn, Wellington, Florida

Thanks to your loving kindness, professional recommendations, loyal support, and enthusiastic encouragement, I finally feel ready!

Susan Cummings, New York

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April 2014 - Palm Beach Yacht Club luncheon

After meeting Lois Cahall, I only wanted more. Lighthearted, highly skilled, and proven...she gets to the point. I met Lois on a whim. The Palm Beach Yacht Club featured her as a guest speaker. My life

will never be the same. Lois helped me define not just my voice; but my NEED for that TRUE voice. She can peel away the mask we wear, zero in on who we really are, and pull from us that which we thought impossible. To write from a place of truth, you must see it, feel it, taste it, and BE it. She is the coach that puts the writer in the game! I am so grateful for that whim.

-Eva Kranich

I felt that within the first 15 minutes of being there, that whether I am capable of ever writing a book or not that I was meant to be in the lecture that day. I felt so much excitement when I left, and I was so impressed by [Lois.] Thank you for all [her] wonderful energy and graciousness. [She has] motivated me to take a few minutes for myself to meditate every day.

Linda Reichel

...quite an interesting lady with such a magically playful spirit. - Deborah McLaughlin,

I was so impressed with both what [she] said and the way [she] illustrated it. Besides never being boring for a second, I think [Lois] was enormously inspirational to those there. And [her] own literary and personal experiences not only make what [she] says more meaningful, but also helpful.

- Paulette Cooper Noble, Author, Palm Beach, Florida

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March 2013 - Love notes from The Palm Beach Writers Luncheon

Dear Lo,

You were marvelous. Couldn't have been better. Everyone loved hearing you. Amazing, as always. There's no one quite like you. High energy, talented, open, fun, delightful.

- Marcia Chellis Kay, Author, *LIVING with the Kennedys: The Joan Kennedy Story*, Palm Beach, Florida

Lois, I thoroughly enjoyed your talk today! It hit so many points - both the emotional journey of writing and the fun parts! Thank you for sharing!

- "Coco" Schefmeyer, Indiana

You were SENSATIONAL at lunch today. Everyone loved you. Hoping you'll return for a repeat performance.

-Paulette Cooper Noble, Author, Palm Beach Florida

*The Society of the Four Arts - "Boot Camp in Flip Flops" Memoir writing - 2013*

*An extraordinary experience! The combination of [Lois's] energy, wealth of knowledge and oh may I say [her] hilarious sense of humor created pure magic! Who knew a writing course could be so much fun? Lois taught me to write authentically from the heart...and for that, I am forever grateful. Hopefully [she] will come back, so I can do it again!*

*-Vivian S, Toronto, Canada*

*Thanks for the opportunity to join LOIS CAHALL this week at Writer's Boot Camp. I have the following comments.... Value of Class: Well-presented material by a superior instructor. Held my interest for three days. Criticism: No coffee service at early start time. 2. Instructor Improvement... Outstanding instructor - no improvement required! Another Class? Affirmative.*

*In summary: well executed course. In related matter, I have taught at graduate level at George Washington University. -*

*Gary Bradford*

*I haven't taken a writing class, or really picked up a pen, since college. Lois's class was great. After only three days in a room with complete strangers I was ready to bare my soul. And without the therapist. Now putting pen to paper. At any rate, thank you for [her] open, energizing style.*

*-Jane Scott, Seattle, Washington*

*I can honestly say that this class was the highlight of my summer. What a wonderful group of people! You are not only a great writer but you are a fabulous teacher. I hope to see you again. Love and gratitude,*

*Lorraine*

*Lois, You are simply amazing. Thank you,*

*Marybeth Sheehan, Boca Raton, Florida*

*I loved your class. You are a breath of fresh air and I'm so grateful. It feels so good to "write" and I honestly don't think I would have wrote one word if it wasn't for you and the class. I love your humor*

and your insight...almost as much as tennis! My hope is that you a follow up class this fall so that I will continue to write. Thank you very, very much.

All the best,

Kerry Levenson, Palm Beach

Thank you for 9 hours of fun! Thank you for all of your encouragement and enthusiasm!

Jane Foster, Palm Beach, Florida

In today's world, what is a surprise is Lois' unselfish devotion. I don't know why she would take the time on a fledgling like me, but she did.

I don't know why she opened the doors of her home to a nobody like myself and gave a writing clinic, but she did.

Here's what I know. Lois is a guiding star and opened the world of writing to me. When I polished my armor on a Saturday afternoon getting ready to face the Cyclops of New York, it was Lois' training that averted the attack.

Who'd have thought? Guess Lois did.

- Kathy DeNicolò, Chicago, Illinois

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Palm Beach State College - 2013 - love notes

Attending your class was both inspirational and exhilarating. Previously I had been intimidated by what has been defined by P.B. College Advisors, as friends that are "literary elitists".

However since taking the course I've become obsessed. I have accumulated over 30 years of diaries. I have additional writings that go back to my early twenties. I never threw anything away. Is this obsessive compulsive behavior or part of the creative process?

Respectfully, Vincent Fede

Dear Lois, I think I can embrace your creative idea for my next book. When I started writing, the words flowed; 800 of them.

-J. Casale

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*Palm Beach State College - January 2013 comments from evaluation sheets:*

"An author who shared her experience and wisdom...personable and smart! Cahall knows how to give constructive criticism and praise. I would take another course taught by Ms. Cahall."

"It was a wonderful experience. I grew as a writer, can't wait to continue and apply what I learned from this class."

"Very high energy. Positive attitude. Great ideas to help. Brought us together to brainstorm. Cahall motivated me to really jump into my story. I found the story inside of my story."

"I loved the encouragement and the examples that Lois gave. Can we have a part II?"

"Enthusiastic, talented, inspiring, natural born teacher! I found my writing voice [thanks to Cahall.]"

"I most loved her ability to provide various examples of different writers and their environments."

"The instructor lives in the moment and in the instruction! Honest and helpful feedback."

"I wish this class was longer. We couldn't get enough..."