



Author Bio

Katherine Mayfield

A former actress who appeared Off-Broadway and on the daytime drama *Guiding Light*, Katherine Mayfield is the author of the award-winning memoir *The Box of Daughter: Healing the Authentic Self*, two books on the acting business: *Smart Actors*, *Foolish Choices* and *Acting A to Z*, both published by Back Stage Books, and the Kindle book *Dysfunctional Families: The Truth Behind the Happy Family Facade*.

Ms. Mayfield's memoir *The Box of Daughter* won the Bronze Medal in the 2012 Reader's Favorite Book Awards and an Honorable Mention in the 2012 New England Book Festival, and was inspired by the title poem in her book of poems, *The Box of Daughter and Other Poems*. Her short story, *The Last Visit*, which is based on the last time she visited her father in hospice care, won the Honorable Mention award in the 2011 Warren Adler Short Story Contest. She has written for national magazines, local newspapers, and numerous websites.

Ms. Mayfield appeared on the Book Marketing panel at the 2013 New England Book Festival in Boston, MA, and a panel entitled The Art of Memoir at the 2013 Portsmouth Athenæum's Wednesday Writers' Series in Portsmouth, NH. She has presented workshops at Maine Authors Publishing in Rockland, ME, the Mindshift Institute in Northampton, MA, Green River Yoga in Greenfield, MA, and the Sober in the Sun Festival in Spencer, MA.

Publication credits include Dance Teacher Now magazine, Dance Spirit magazine, The Significato Journal online, Sasee magazine, The Women's Times, the Greenfield Recorder, TinyBuddha.com, MeaningfulWomen.com, and WomensMemoirs.com. Ms. Mayfield is also a ghostwriter and editorial consultant.

Ms. Mayfield has taught workshops and classes in Maine and Massachusetts, and blogs on Dysfunctional Families on her website, www.TheBoxofDaughter.com.

Websites:

www.TheBoxofDaughter.com
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