

# *The Power of Storytelling*

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# The Power of Storytelling

## Introduction

*"We are all storytellers, we all live in a network of stories. There isn't a stronger connection between people than storytelling".*

But with this affirmation what can we say is the true power of storytelling? What is storytelling? What makes a good story? What is the reason we find stories entertaining? What do the most famous stories have in common? Why do people decide to write?

## Chapter 1 "The Story of the History of Storytelling"

From the caveman paintings to the Ted Talk: how the way of telling stories changes according to its time.



*"People are hungry for stories, it's part of our being. Storytelling is a form of history, or immortality too. It goes from one generation to another" -Studs Terkel*

## Chapter 4 "What Makes a Good Story?"

Structures and guides to follow while writing a story. From the characters to the message, everything matters. *"There are millions of structures because there are millions of stories to tell"*

## Chapter 2 "Storytelling in a nutshell"

Etymology and creating my own definition.

## Chapter 5 "Telling"

The healing power of telling your own story

*"There's no greater agony than bearing an untold story within you" – Maya Angelou*

## Chapter 3 "The Power of a Single Story"

Examples of powerful stories and the reason why they were and still are so impactful



## Conclusión

Contá para expresar todo lo que está oculto, para cambiar o mostrar diferentes perspectivas, para transmitir. Contá para cambiar el mundo, porque toda historia cuenta y toda historia merece ser contada.



## Prologue

“We are all storytellers we all live in a network of stories, there isn't a stronger connection between people than storytelling”. But with this affirmation what can we say is the true power of storytelling?

A *story* is by derivation a short history, narratives designed to interest and please. A Storyteller is someone that conveys a message, truths, information, knowledge, or wisdom to an audience in an entertaining way, using whatever skills, musical, artistic, creative or props he chooses, to specifically enhance the audience's enjoyment, retention and understanding of the message conveyed. Robert McKee once said “storytelling is the most powerful way to put ideas into the world”

Before choosing my topic, I saw a Ted talk of Chimamanda Ngozi Adichie where she talks about the dangers single stories have and gives as an example her life as an African student in the US. How many prejudices and stereotypes they put on her only because she was African.

In another Ted Talk, Dave Lieber talks about how stories can change the way we see people. As Chimamanda, Dave also gives as an example a moment in his life when he had to move to Texas. How he struggled to fit into such a different state compared to New York, but was able to change the view people had of him with a simple story.

He also analyzed why stories are more interesting to listen rather than simple information. How humans, process the information differently when is told in a



creative and entertaining way. I noticed they both talk about the power stories hold but in totally opposite ways.

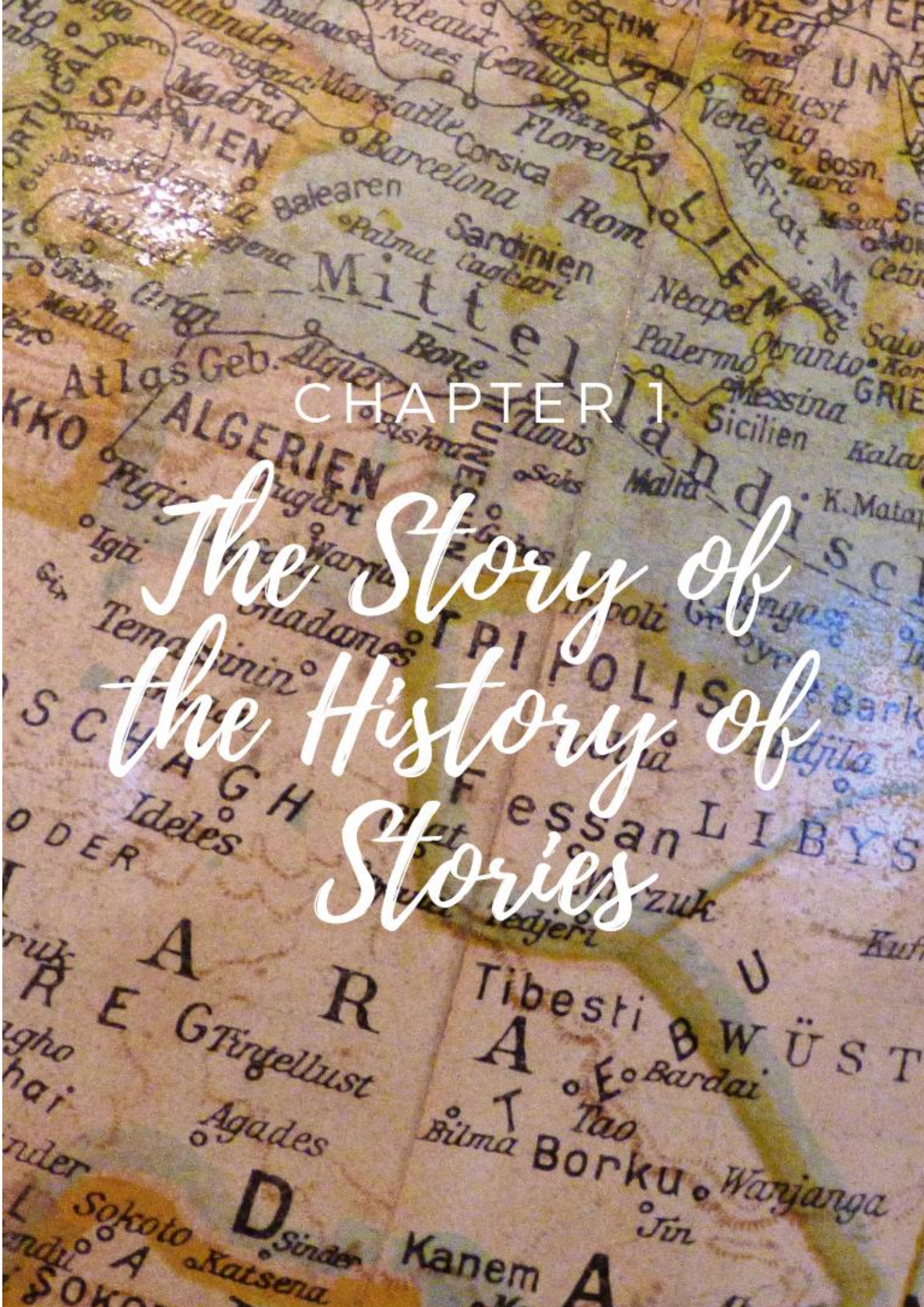
Another big factor that made me make my decision on the topic was because I love to read and I noticed that most of the time I get emotionally attached to various characters and writes, and also people close to me had the same feeling. The characters may be fictional, from a movie, or real people but the connection and attachment are always there.

So I grabbed all these interests and questions and decided to focus on the power storytelling holds to connect and engage people. From the beginning of our times, with the cavemen and their wall paintings, Greek and Roman myths, the Bible and religious scripts, the magic of Shakespeare's theatre, to movie and series today, humans have always wanted to tell stories.

But what is storytelling? What makes a good story? What is the reason we find stories entertaining? What do the most famous stories like Malala and Anne Frank's have in common? Why do people decide to write?

So it is not only about what power storytelling holds, but also the reason why this is such a powerful way to express, teach and connect and how we can use it to help change the world.





CHAPTER 1

The Story of  
the History of  
Stories





# Chapter 1

## “The Story of the History of Stories”

From the beginning of our times stories have existed, even before recorded history. And the telling of stories has changed forms drastically throughout the ages. From cave painting to novels to movies, stories have always fascinated humans in some way. Although the methods have changed, the desire to tell and hear stories has remained untouchable, and holds great impact on their listeners or readers.

### 1.1 Cave painting

The earliest form of storytelling that has been discovered is from the Lascaux Caves in the Pyrenees Mountains in southern France.

Discovered in 1940 by a group of French children, a series of cave paintings around depicted a variety of



animals and one image of a human being.

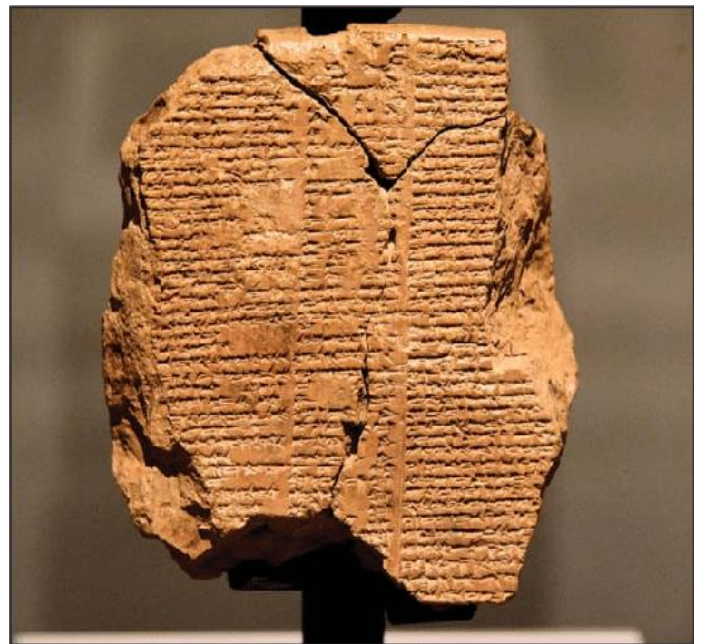




Some anthropologists and art historians theorize that the paintings could be an account of their past hunting success that shows the process and final product of what they had hunted, or could represent rituals performed in order to improve future hunting. They stick with this method of wall painting or painting in general for a really long time since most people didn't know how to write or even read.

## 1.2 The Epic of Gilgamesh

Now if we do a flashback to 21000 B.C. we have the first “printed” story called The epic of Gilgamesh. The story's main character is Gilgamesh, a really pretentious and egoistic king whose mother was a goddess and his father a king of the mortal world. The tale revolves around his adventures next to his best friend Enkidu. The first words of the story are “shanagbaimuru” which can translate to “he who saw everything/abyss”, which refer to Gilgamesh who looks into the abyss and finds wisdom, since these adventures he had with his friend end up in a journey of self acceptance of his true nature as a mortal and becoming a good and fair king for his kingdom.



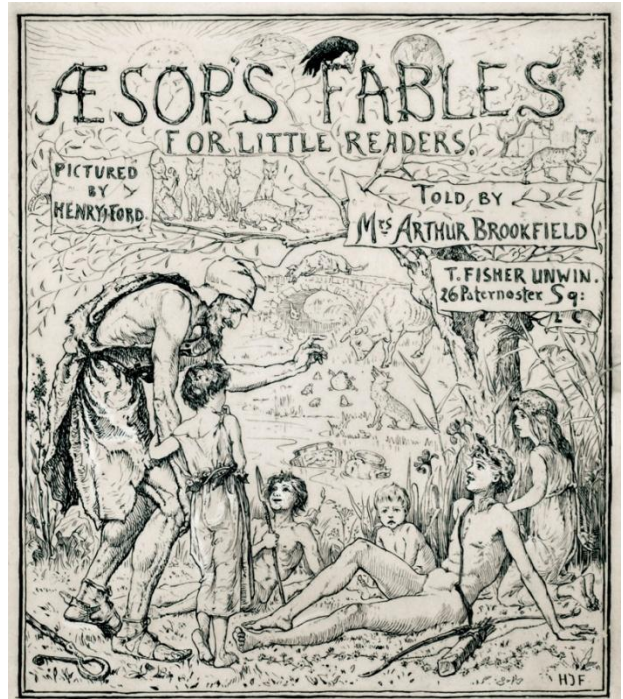


The story was carved on stone pillars for all to see, which spread the story around very quickly. It began to spread from Mesopotamia to other parts of Europe and Asia.

## 1.3 Aesop's Fables

We continue our timeline and we encounter Aesop's fables, a series of stories that conclude with life lessons that we could still use in our time. Aesop lived in the 500s B.C., but his stories were remembered for hundreds of years without a single shred of paper or other printed material. From Oral storytelling people were able to spread the tales from generation to generation and remembered Aesop's tales so well that even 300 years later the stories were written and sold in mass around the world.

One of my favorite fables is "Belling the Cat" the fable goes:



**“Long ago, the mice had a general council to consider what measures they could take to outwit their common enemy, the Cat.**

**Some said this and some said that; but at last a young mouse got up and said he had a**



**Proposal to make, which he thought would meet the case.**

*"You will all agree," said he, "that our chief danger consists in the sly and treacherous manner in which the enemy approaches us. Now, if we could receive some signal of her approach, we could easily escape from her. I venture, therefore, to propose that a small bell be procured, and attached by a ribbon round*

*the neck of the Cat. By this means we should always know when she was about, and could easily retire while she was in the neighborhood."*

**This proposal met with general applause, until an old mouse got up and said:**

*"That is all very well, but who is to bell the Cat?"* The mice looked at one another and nobody spoke. Then the old mouse said: *"It is easy to propose impossible remedies."*

Aesop's famous fables and provide entertainment for children and kids. The fables, or stories, are all very short so keep the attention of children so they can understand the message or lesson that it wants to convey.

## **1.4 The Bible**

Then we are going to encounter the Bible, the Old and New Testament, the bestselling book of all times. It contains tales and lessons learned that occurred many, many years before they were written. A majority of the books and "chapters" relied on one single resource, stories. People witnessed events, heard the stories and kept them alive through oral storytelling, just like Aesop's fables.

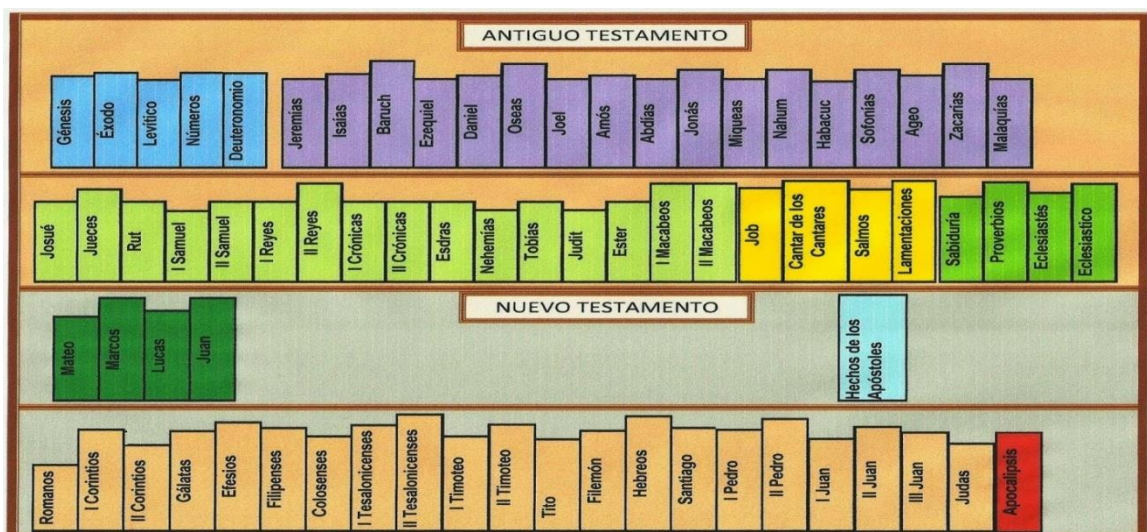




They told their friends, families and communities about the events, and a chain was formed, with one storyteller at a time.

From the beginning of creation to the story of Jesus' future return at the end of time. Everything is written in that book, but there are smaller stories inside it that make up the basic structure of that one big story. It is a work of literature. But the primary sphere in which the Bible has been read through the ages is the religious

It is easy to be misled into thinking that the Bible is a piece of doctrinal exposition. This is a misconception. The form in which the Bible comes to us is primarily, though not completely, a literary book. That format is the literary anthology, a collection of varied literary genres written by multiple authors over the span of many centuries. Most of it is embodied in the genres of narrative, poetry, letters, and visionary writing. Dozens of smaller genres accumulate under those big rubrics. The Bible is even separated in chapters, that go in chronological order, to explain and create the story from beginning to end.



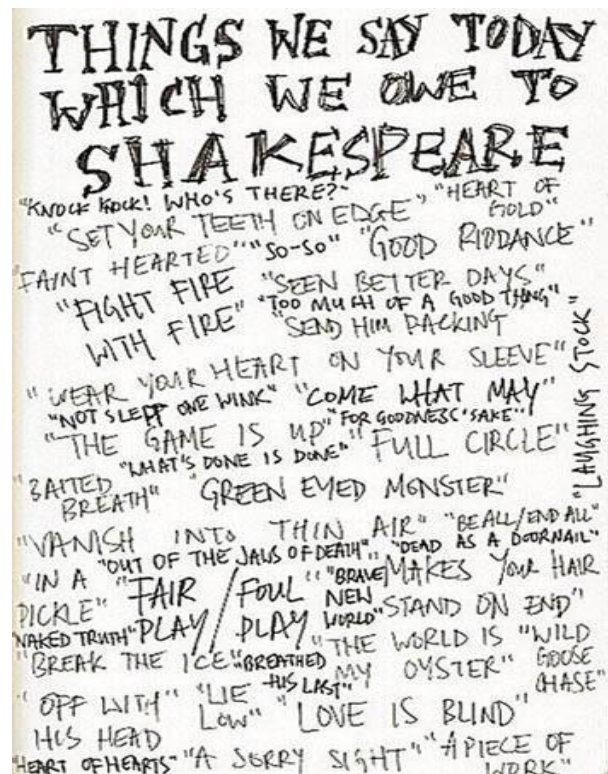


## 1.5 War and Storytelling

Around the same time, in the Roman Empire era, wars arrived in the world, and the heroic deaths of millions occurred. Storytellers began to arise as very important figures in a community. The ability to tell stories effectively and memorably was a very valuable skill. Their families needed some way to remember the “heroic” dead of their son, so Instead of simply stating what happened, stories began to emerge as a way to preserve the raw emotions and sequence of events.

## 1.6 William Shakespeare

Lots of books were published but suddenly poems and plays started to become a “thing” in Europe and the game changer, called Shakespeare, appeared. His plays and sonnets weren’t meant to be published, but he became a legend once they were. He was known as a great storyteller to many of his close friends, but soon became one of the greatest playwrights of all times.





From a young man living a low class life in London, to being taught in every school hundreds of years later, he made his mark on literature and storytelling forever,

*“William Shakespeare was the most remarkable storyteller that the world has ever known. Homer told of adventure and men at war, Sophocles and Tolstoy told of tragedies and of people in trouble. Terence and Mark Twain told comedic stories, Dickens told melodramatic ones, Plutarch told histories and Hans Christian Andersen told fairy tales. But Shakespeare told every kind of story – comedy, tragedy, history, melodrama, adventure, love stories and fairy tales – and each of them so well that they have become immortal. In all the world of storytelling he has become the greatest name. <sup>1</sup>”*

When William Shakespeare began writing his play, the English language was rapidly absorbing words from other languages due to wars, exploration, diplomacy and colonization and was not seen as such a sophisticated language.

But by the age of Elizabeth, English had become widely used with the expansion of philosophy, theology and physical sciences, but many writers lacked the vocabulary to express such ideas and accommodate them. Writers such as William Shakespeare expressed new ideas and distinctions by inventing, borrowing or adopting a word or a phrase from another language, known as neologizing.

So he did not only influence literature and writers but the whole English language. The English we know now a day will not be the same if it wasn't for

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<sup>1</sup> Marquette Chute(1956) Stories from Shakespeare





Shakespeare. And all of this was accomplished by no other thing than storytelling.

## Shakespeare's Copyrights

Even Shakespeare was inspired by other stories. The Roman history plays are based on actual historical events, but Shakespeare took a lot of liberties for the sake of entertainment. Some of the other tragedies, such as Macbeth, have a kernel of history in them and others like Hamlet, King Lear are claimed to be “legendary history”. Shakespeare constantly appropriated stories or ideas from other authors but it was the way he presented the characters, plot and emotions that made his so great.

Here are some examples;

*King Lear* was based upon *Leir of Britain*. The “true story” goes: Leir was a king of the dynasty of Brutus of England.



He had three daughters and decided to divide the kingdom between the three. Goneril and Regan flattered their father and were married off to the Dukes of Albany and Cornwall, respectively. Cordelia, despite being her father's favorite, refuse to follow his father's wishes, and was given no land to rule. King Aganippus of the Franks courted and married Cordelia, despite Leir refusing.

Leir then gave Goneril and Regan half of his kingdom; but his sons-in-law rebelled and seized the whole of the kingdom.



At this point, Leir feared both his older daughters and fled to France to meet with Cordelia. She had him bathed, royally clothed. He asked for help to France king to restore him to his former glory. Leir,

his daughter, and her husband invaded Britain and successfully overthrew his daughters and sons-in-law. Leir ruled three years and then died. Cordelia succeeded him and buried him in an underground shrine to the god Janus beneath the River Soar near Leicester .An annual feast was held nearby in his honor.



Hamlet one of Shakespeare most famous play was inspired upon Amleth. Amleth was a prince from the Danish mythology. This was first written by a historian from the XII century called Saxo Grammaticus. In his pages he described the life of this Danish prince. What Shakespeare did was change the order of words and put the “H” at the beginning of the name creating a character with philosophical questioning that we all want the answer too, called Hamlet.

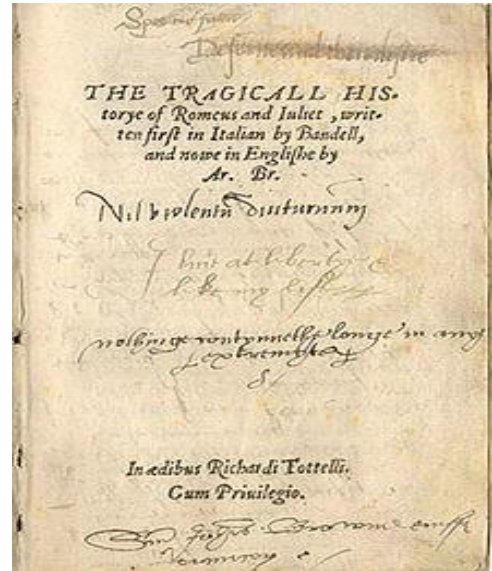
Othello upon “A Moorish Captain” by Cinthio. This collection of short Italian tales explores the pros and cons of different kinds of love, especially within marriage. One is the tale of Desdemona and a Moorish Captain that are separated by

standard-bearer. This clearly gives Shakespeare the framework for his tragedy of Othello and his Ensign, Lago. In Cinthio’s story, the virtuous and beautiful



Disdemona against the advice of her relatives, she marries the Moorish, not through lust but for love.

Macbeth from a few items in Holinshed's Chronicles. It was a large, comprehensive description of British history. For example Shakespeare used Holinshed's work extensively in Macbeth, but in modified form. An instance is the Three Witches, whom Holinshed describes as "creatures of the Elderwood ... nymphs or fairies". Nymphs and fairies are generally viewed as beautiful and youthful, but Shakespeare's three witches in *Macbeth* are ugly, dark, and bizarre. It is believed that he made the change first to heighten the suspense and darkness of the play. However, the Chronicles lacked any description of Macbeth's character, so Shakespeare improvised on several points.



Even his most famous play of all times, Romeo and Juliet, was The Tragically History of Romeus and Juliet, is a narrative poem, first published in 1562 by Arthur Brooke, and some sources making it Italian and others from the French.

Basically stories inspired one of the greatest playwrights of all time. And were stories that made him the legend he is nowadays.

## 1.8 Printing press





The printing press affected people in so many ways. People stopped having to rely on words. They now had a more liable source to go by, in written documents. It would not have been possible to record those documents without the invention of the printing press. Printing things then became much more easy and efficient. This meant less manual labor for the hard-working men. Also, maybe the greatest impact the press had socially was that it sped up the spread of Renaissance culture. The Renaissance period was without a doubt the most improving time period in history. Architecture, art, and just the general way people thought was changed in an extremely positive way. If not for the printing press, literacy rates would not have gotten better. Knowledge was spread, leading to better inventions. Lastly, religion was greatly impacted. Many bibles were printed and people focused more on reading them. This allowed them to make their own opinions and interpretations about religion, rather than what they were taught. People had more freedom.



## 1.9 Modern Times

In modern times one of the greatest ways to convey your ideas, thoughts and opinions is on the internet. From news to twitter to Hollywood to YouTube or a Ted Talk. Nowadays, telling a story and showing it to the world is really easy, compared to the times of the Epic of Gilgamesh.

### Steve Jobs

A really modern and perhaps not so common storyteller was Steve Jobs, the creator of now the richest company in the world, Apple. Whether it is launching new products or making an announcement, he perfected for hours every detail of his presentation as it was explained on his book<sup>2</sup>. He had an ability to craft a narrative, to create and maintain suspense and to deliver a solid message. He didn't just present a product, he presented a story.



### Ted Talks

Another phenomenon of our times is Ted Talk. Ted Talks are something I personally really enjoy. They convey messages and lessons from living your life to the fullest to why recycling is important, and I notice that almost every Ted talk starts with a personal story or experience.

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<sup>2</sup> Walter Isaacson 2011 Steve Jobs



The history of storytelling reveals that stories came in all variety. Myths, legends of all kinds, fairy tales, trickster stories, fables, ghost tales, hero stories, and epic adventures, and if we think about it even History is nothing but a series of stories that, when told correctly, can teach us lessons, or entertain us. Every story serves a purpose, even if to simply transmit a message. Without history, without chronicled stories, mankind would never learn from his mistakes, emulate past heroes, and would never see anything but the present.

*“People are hungry for stories, it’s part of our being. Storytelling is a form of history, or immortality too. It goes from one generation to another” -Studs Terkel*



# Conclusiones Capítulo 1

Decidí hacer este primer capítulo sobre la historia de las historias, para ver cómo fue cambiando su propósito y cómo la manera de contarlas fue evolucionando con nosotros.

Me sorprendió que desde hace tanto tiempo el humano tenía el deseo de contar una historia, y descubrí que su propósito no era principalmente el entretenimiento, sino que se contaban para mantener vivos diferentes acontecimientos, por ejemplo las cazas victoriosas de los cavernícolas.

Con la Épica de Gilgamesh fue donde, en mi opinión, hubo un punto de cambio, ya que se comenzó a encontrar otras maneras de transmitir, otra manera de contar. El no dijo “No sean codiciosos” él envió ese mensaje de una manera original, no solo la contó a sus conocidos sino que la dejó para que todos pudieran leerla y con esto cambió el sentido de contar historias, hacerla pública y con la misma dejar un mensaje.

Las Fábulas de Esopo fueron contadas todas oralmente. Esto se podría comparar con las historias del antiguo testamento en la Biblia, son todas transmitidas de generación en generación y se mantuvieron vivas por las moralejas o enseñanzas que daban, que lograban que la gente las escuchara, siempre recordara y usara en su vida.

William Shakespeare es uno de los mejores escritores del mundo. Quizá el secreto de la importancia de Shakespeare sea la conexión con el público. Evidentemente esta conexión debe basarse en algo. Y es que Shakespeare habla y personifica mejor que nadie las debilidades humanas. Resume sencillamente la enorme variedad de emociones dentro del ser humano, dando lugar a personajes realmente complejos y con los que podemos reflejarnos.





Ahora es mucho más fácil contar una historia y que sea escuchada por millones, y todo con un simple click. Pero eso no se significa que van a ser tomadas en serio o escuchadas, pero tenemos esa facilidad que antes no se tenía, y hoy en día más que nunca tenemos que contar nuestras historias principalmente para que la gente empatice, que es algo difícil de lograr.

CHAPTER 2

*Story telling  
on a Nutshell*





## Chapter 2

# "Storytelling in a Nutshell"

Now that we know the origins of storytelling, an important question to ask should be what is storytelling?

### 2.1 Etymology

#### Story (1)

"Connected account or narration of some happening," c. 1200, Originally "Narrative of important events or celebrated persons of the past" from Old French *estorie*, *estoire* "story, chronicle, history," from Late Latin *storia*, shortened from Latin *historia* "history, account, tale, story". "Originally "Narrative of important events or celebrated persons of the past"

"A *story* is by derivation a short history, and by development narratives designed to interest and please." -Century Dictionary (1889) William D. Whitney, Benjamin Eli Smith

Meaning "recital of true events" first recorded late 14c.; sense of "narrative of fictitious events meant to entertain" is from c. 1500. Not differentiated from *history* until 1500s. As a euphemism for "a lie" it dates from 1690s. Meaning "newspaper article" is from 1892. *Story-line* first attested 1941. *That's another story* "that requires different treatment" is attested from 1818. *Story of my life* "sad truth" first recorded 1938, from typical title of an autobiography.



## Telling (2)

Present participle of tell. Old English *tellan* "to reckon, calculate, number, compute; consider, think, esteem, account"

Meaning to narrate announce relate in English is from c. 1000; that of "To make known by speech or writing, announce" is from early 12c. Sense of "to reveal or disclose" is from c. 1400; that of "to act as an informer, to 'preach' " is recorded from 1901. Meaning "to order (someone to do something)" is from 1590s. To *tell (someone) off* "reprimand" is from 1919.

Original sense in teller and phrase to tell time. For sense evolution, compare French *conter* "to count," *raconter* "to recount;" Italian *contare*, Spanish *contar* "to count, recount, narrate;"

## 2.2 Definitions

The definitions I found display different points of views of what storytelling is but as we can see its purpose never changes.

*"Storytelling describes the social and cultural activity of sharing stories, sometimes with improvisation, theatrics, or embellishment. Every culture has its own stories or narratives, which are shared as a means of entertainment, education, cultural preservation or instilling moral values"* –Wikipedia recovered from <https://en.wikipedia.org/wiki/Storytelling>





*“STORYTELLING is the art in which a teller conveys a message, truths, information, knowledge, or wisdom to an audience – often subliminally – in an entertaining way, using whatever skills, (musical, artistic, creative) or props he chooses, to enhance the audience’s enjoyment, retention and understanding of the message conveyed” -Berice Dudley (1996) About storytelling: A practical guide*

*“The best way to speak to your reader is by telling stories. Storytelling is universal to human beings of all ages and cultures. And we all know how stories are able to affect us on a personal level.” -Annette Monreal(2005), storytelling in a nutshell. recovered from <http://writingskills.eu/story-telling-in-a-nutshell/>*

Sharing, conveying culture and the enjoyment of the audience seem to be keywords that describe storytelling, as well as this concept or idea, that telling stories is one of the most basic forms of communication human being possess.

But if that is what storytelling is; “A way of conveying or expressing from ideas to messages, in a creative way that attracts an audience.”







## Chapter 3

# “The power of a single story”

3.1 Some years ago, Chimamanda Ngozi Adichie, gave a Ted Talk called “The Danger of a Single Story”.<sup>3</sup>

She spoke about the prejudices and misconceptions people usually have of people or things that are not familiar, that know only a single story of. But after watching it I started to think of books I read, books that were single stories, and how much they had impacted me in so many ways. I couldn't ignore the fact that, for me, the title is wrong.

I know not all single stories are good, some of them do lead into what Chimamanda was explaining, but I also know for a fact that many single stories are life changers for so many people, it gives a voice to the ones that are not able to speak up, connects people to different realities and perspectives, allows you to reconsider life choices and ideals, makes you feel like you are not alone. I could go on and on in the power and impact this single story can have in someone, but let me put some examples that I have encountered in my life.

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<sup>3</sup> Chimmananda Ngozi Adichie TedTalk, The Danger of a Single Story (2009) recovered from <https://www.youtube.com/watch?v=D9Ihs241zeg&t=592s>



### 3.2 Malala

The first one is the book by Malala. Her story so far is nothing but remarkable. When the Taliban gained control of her home in the Swat Valley in Pakistan and girls were forced to stop going to school, Malala refused to stay silent. In 2012, Malala was shot in the head by a Taliban gunman on her way home from school, for drawing attention to her fight and the fight of other girls to get an education.

The shooting left Malala in a critical condition but the bullet did not stop her from speaking up for girls' right to an education, and at the age of just 17 she became the youngest person to be awarded a Nobel Peace Prize.



In her book ,you can find from her and her friends and family personal experiences and daily lives in Pakistan under the Taliban's occupation, to briefs lessons on Pakistan history and geography as well as various explanations on the cultural and religious contexts of why everything was the way it was.

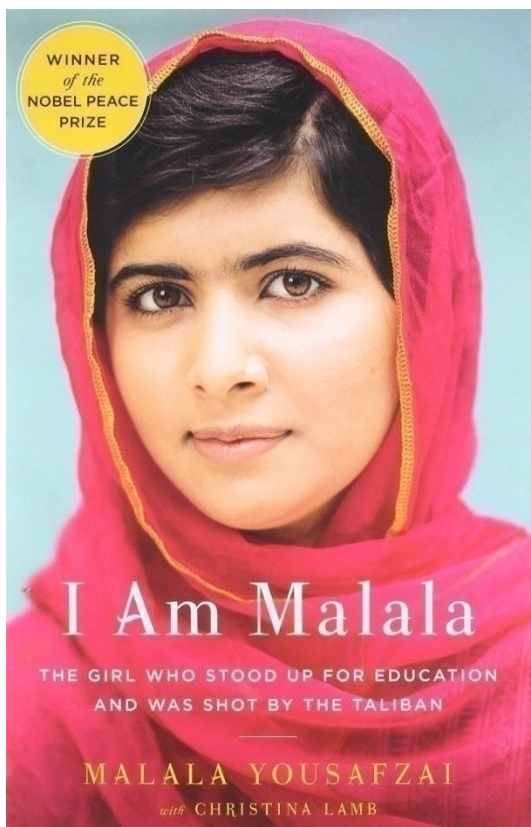
She tried to cover every single aspect of the situation, so we would not have room to question reasons, attitudes and we would actually understand and empathize with every “character” without prejudices. She wanted us to understand the situation fully and to finish this book knowing a little more. It opened my eyes and





helped me value what I have and being grateful for it, as well as knowing this is something that is actually happening and that injustice, against girls, can happen to anyone and it is our duty to call it out and speak out for those who can't.

But she did not only become a bestseller, she was able to make a change in the lives of a lot of young people and here are some examples; She opened the Malala foundation<sup>4</sup> that enables girls 12 years of safe quality education as well as a forum where they can connect with other girls by telling their stories “By standing together girls can empower themselves and feel that they are less alone”



Children in Pakistan have the right to access free education as the Malala petition also led to the success of Pakistan passing the Right to Education Bill 2012, guaranteeing that all children, aged between five and 16, have access to free education. Parents who refuse to send their children to school and employers who hire school-aged children can be imprisoned under the new law.

Young people have voice among world education leaders. On Malala's 16th birthday, she staged the first-ever UN youth takeover. The takeover brought together more than 600 young leaders from around

the world in support of universal education for all children.

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<sup>4</sup>The Malala Found <https://www.malala.org/>



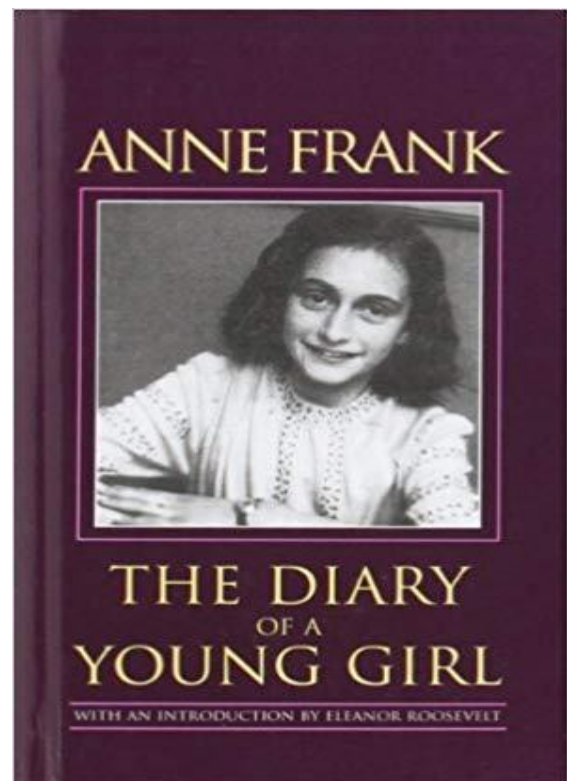
Malala did not have many stories to tell, she only told one, and it is the only one we all know. But she was able to convey so much more in her book, that single story opened doors not only for her but to other young people living a similar situation.



### 3.3 Anne Frank

Anne Frank's diary will forever be a classic and a story everyone knows or has heard about.

She was given a diary at the age of 13, in which she chronicled her life from 1942 to 1944. During this time, Anne spent two years in hiding. Anne's father, Otto Frank, was the only occupant of the secret annex to survive the war. In 1947, he published Anne's diary as "The Diary of a Young Girl." Anne's account of her life, as well as her deep belief in the good of humanity despite the situation she was living, "It is a testament of tremendous grace within the human spirit."



The question as to why the book is so popular and touched so many people around the world, was studied deeply by many critiques, editors and writers. After all, many other diaries have been published. So what made this single story so powerful and touching to make it so widely spread?

**In my personal opinion**, and putting into perspective my own experience reading the book, the reason is that Anne Frank showed us a perspective of a moment in history we only learned in books as simple facts, dates, places, villains and heroes.



She showed us the human side of the situation, as well as other people did, but I think it is the fact that a diary is something so personal that carries so many feelings and the face palm sincerity a 13 year old can have, is what touched so many people and made everything feel so real and authentic.

Experts have different theories, most of them are based on testimonies from people close to her that actually make sense as to why the book is so popular and what the factors that made it were.

### **1.The diary is hopeful and positive.**

In a letter to Cara Wilson, an American girl with whom he exchanged letters regularly, Otto Frank wrote: 'When I returned from the concentration camp alone, I saw that a tragedy of inexpressible extent had hit the Jews, my people, and I was spared as one of them to testify, one of those who had lost his dear ones. It was not in my nature to sit down and mourn.'

'I had good people around me and Anne's Diary helped me a great deal to gain again a positive outlook on life. I hoped by publishing it to help many people in the same way and this turned out to be true.'

### **2. Anne was a good writer**

Laureen Nussbaum, Professor Emerita at Portland State University, Foreign Languages and Literature Department, and childhood friend of Margot Frank, said:



‘In the spring of 1944, Anne decides to compile her spontaneous notes that she recorded in the Secret Annex from her 13th birthday onwards into a book for publication. The book was intended to reflect her life in the Annex, her developments, her thoughts, her hopes and her aspirations. I think she did this extraordinarily well. And she worked really hard at it too, because in a few short weeks, she wrote 327 pages containing truly stylistic literary content, which I think is exceptional for someone that young.

### **3. An honest account of puberty**

Mirjam Pressler, writer and editor of the revised edition of *The Diary of a Young Girl*:

'The diary of Anne Frank is the most honest documentation of a puberty I know, full of feeling, smart, open, and not colored and corrected by later events and insights, and that, I believe, is something young readers feel today and will continue to feel in the future.

'These descriptions of the first uncertain steps in the area of awakening love and sexuality, the disorder and early sorrow of puberty are what set this book apart from other purely historical documents.

### **4. The diary does not show any atrocities**

In 2004, Wolfgang Benz, historian and former director of the *Center for Research on Antisemitism* in Berlin, noted: To what extent are the writings, which she left as





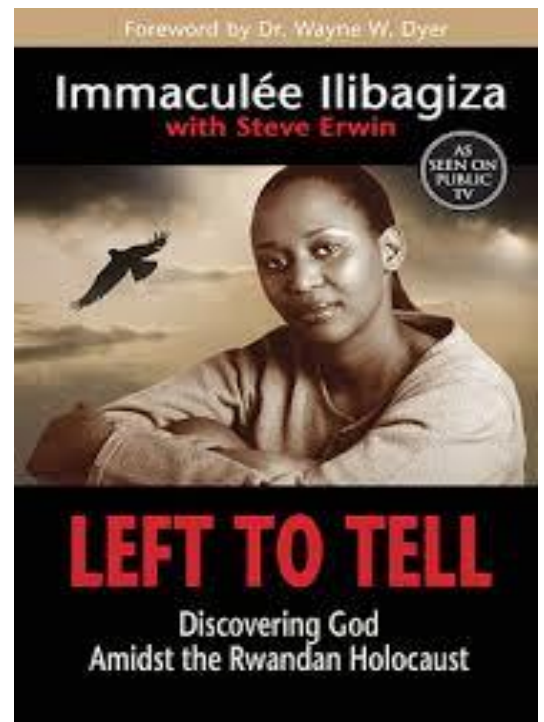
the sum of her short life, representative, exemplary or instructive? What does her diary explain, other than the emotional world of a girl in distress? Basically not very much, and that is part of the success of the document: the transfer of the persecution onto the private level of the persecuted allows approaches to the text without the existential horror readers feel when they are faced with the memories of ghettos, concentration camps and extermination camps

We could take this as a way of understanding what attracts the reader, at the moment of storytelling. Since this became such a well known book, even though many books like this were published, this one stands out for various reasons and shines the brightest between so many other lights.



### 3.4 Immaculee

*Left to Tell* is a book written by Immaculée Ilibagiza. She shares of her experience during the 1994 Rwandan genocide. She survived hidden for 91 days with seven other women in a small bathroom. In her book she explained “The world had seen the same thing happen many times before. After it happened in Nazi Germany, all the big, powerful countries swore, “Never again!” But here we were, six harmless females huddled in darkness, marked for execution because we were born Tutsi. How had history managed to repeat itself? How had this evil managed to surface once again? Why had the devil been allowed to walk among us unchallenged, poisoning hearts and minds until it was too late?”



The bathroom was concealed in a room behind a wardrobe in the home of a Hutu pastor. During the genocide, most of Ilibagiza’s family, her mother, her father, and her two brothers Damascene and Vianney, were killed by Hutu Interahamwe soldiers. Besides herself, the only other survivor in her family was her brother Aimable, who was studying out of the country in Senegal. She shares how her Christian faith guided her through her ordeal and describes her eventual



forgiveness and compassion toward her family's killers. “The more I prayed, the more aware I became that, in order to receive God's true blessing, my heart had to be ready to receive His love. But how could He enter my heart when it was holding so much anger and hatred?”

This book is not only a testimony on how faith changed her life and how she became a better person. It is a book that showcases God as a way of comfort, as well as the true essence that is living with faith in your life. The personal and long road that is being able to forgive and heal.

Some critics think that, that is what sets it apart from the hundreds of book that have been written about the power of God in your life. She was able to explain that God helped her survive, but if we can even see it from an atheist point of view and say God became her will to live. Letting aside the faith, this is a story of survival and finding your inner strengths “I realized that my battle to survive this war would have to be fought inside of me.”, as well as a true testimony of forgiveness and compassion that many more people need to hear. “I knew that my heart and mind would always be tempted to feel anger--to find blame and hate. But I resolved that when the negative feelings came upon me, I wouldn't wait for them to grow or fester.”

The fact that the story has such a versatile message that can be interpreted from points of view, makes it a powerful story that is able to touch and reach much more further than any other Christian story could.



## Conclusiones Capítulo 3

Este capítulo lo dedique a historias que yo leí y me parecen un claro ejemplo en el poder e impacto que tienen las historias.

Puedo concluir este capítulo viendo que todas estas historias tienen algo en común: hacen que te sientas parte de la historia. Las tres escritoras escribían para que el otro se pusiera completamente en sus zapatos y viviera la historia con ellas. Y creo que eso es algo que rescato, el plus que estas historias tienen y que todos al contar historias deberíamos tener en cuenta es hacernos vulnerables a la hora de escribir y ser lo más reales posibles tal como Shakespeare hizo con sus personajes. Incluso si es ficción, transmitir sentimientos y mensajes que sirvan en la vida real aunque el conflicto no sea realista, lo que te deja el libro tendría que ser una enseñanza o mensaje real

Downfall

Characters

CHAPTER 4 plot

# *What Makes a Good Story*

climax

Heroic  
action





## Chapter 4

### “What makes a good story?”

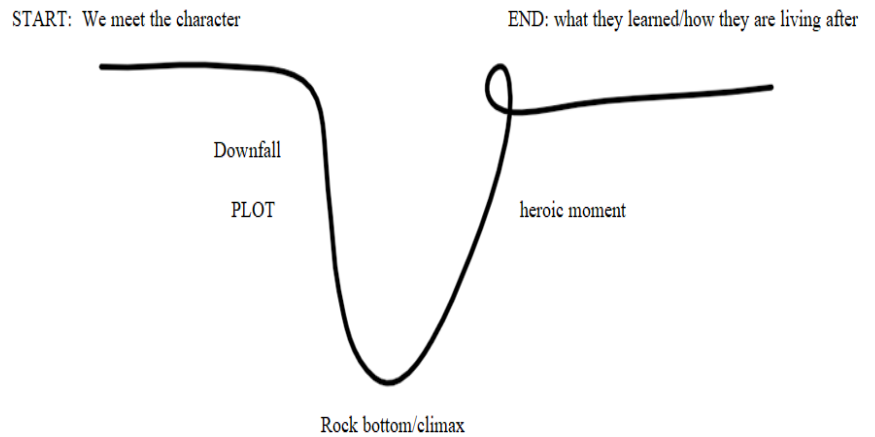
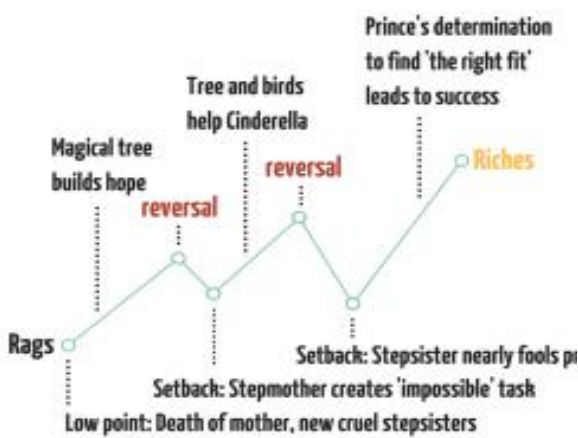
4.1 There is a reason why sports are more popular than science. Science uses bullet points and let's be honest that gets boring, but sports have a plot with a hero, a villain, a winner or a loser they tell a story. We, as humans process information differently when we are listening to a story because our brain is set up to listen to stories, it engages millions of neurons and our imagination goes to places we could have never imagine. I made an interview to a teacher and she told me every single one of her classes she start by telling a story, that's related to the concept they are studying. She explained; “The mind of the kids literally flies, and that helps them make different connection with topic, is a way of starting something that may seem boring in an entertaining way”

But there are many different factors that make up a story. From the character to the plot everything connects and makes the amazing stories we, for example, saw on the previous chapter. Knowing stories have this amount of power, we need to know how to correctly tell one.

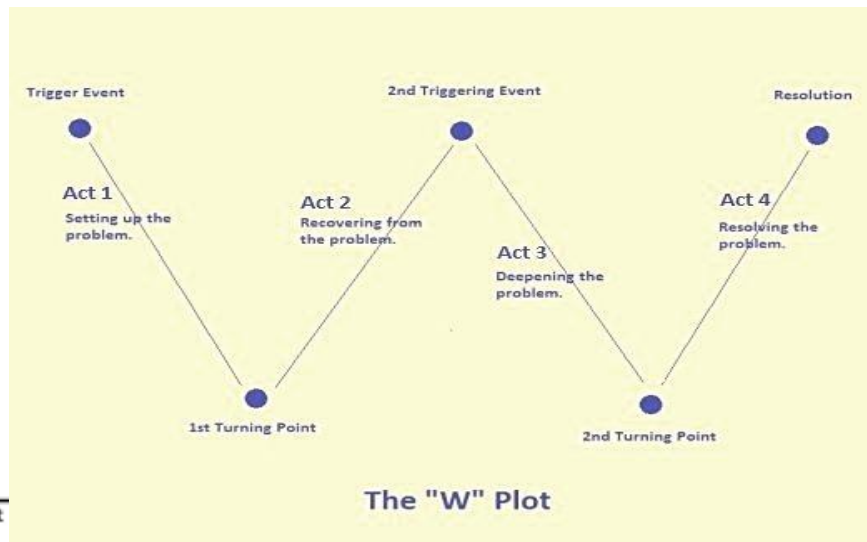
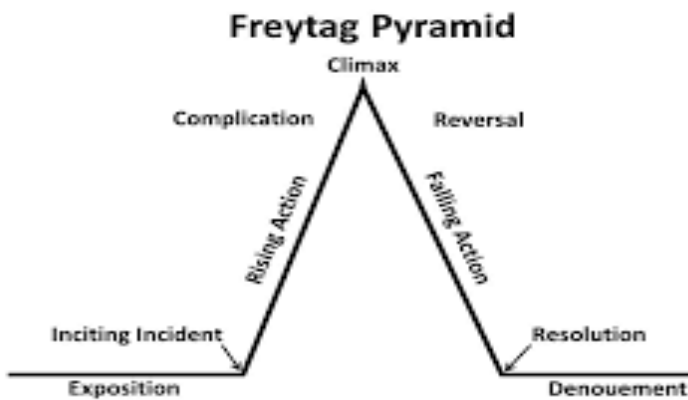


4.2 So what makes a good story? Storytelling is not an exact science, so their structure, plot, climax, characters will vary infinite times. But here are some examples:

### Story structure example: Cinderella



www.nownovel.com





## 4.3 Plot

Plot is most often about a conflict or struggle that the main character goes through. It can be with another character, or with the way things are, or with something inside the character, like needs or feelings.

What good stories should do and what most of them do is make you a promise and you can do it an infinite amount of ways something as simple as “once upon a time,..”. A good promise engages the audience and makes them interested in what is going to happen next, how does this lead to this?

Another important factor of the plot is perfectly described by Andrew Stanton “The audience actually wants to work for their meal. They just don’t want to know that they are doing that. That is what you have to do as a storyteller, Is to hide the fact that you are making them work for their meal”.

The meal is the resolution of the plot, basically what everyone is looking forward to. Since we are born problem solvers, we are compelled to deduce and deduct, because that’s what we do in real life. We don’t have everything figured out, we don’t know everything that is going to happen, and so in a story is the well-organized absence of information that draws us in.

Andrew Staton calls this absence of information on a story the theory of 2+2. He explains that we don’t have to give the audience the answer in this case 4 we have to give them 2+2. Because the elements and information you provide and the order you place them is crucial to the way you succeed or fail at engaging an audience.



Again this doesn't mean that storytelling is an exact science, stories are inevitable if they are good, but they are not predictable.

I came up with a quite interesting way of understanding this, it may sound weird, but there is a reason we are all attracted to an infant or a puppy. Is not because they are cute, is because they can't completely express what they are thinking or what their intentions are so we can't stop ourselves of wanting to complete the sentence, thought or action.

#### **4.4 Climax**

The conflict should get more and more tense or exciting. The tension should reach a "climax" at some point in the story. The low point, the rock bottom is the part reader's care about the most subconsciously. At difference of the resolution that is unconsciously, because they don't care about your success they want to hear about failure how the character took something bad that happened in their lives and turn it into something heroic, something that make them grow and so become who they are today. Because the reader is going to learn something about it, is going to reconsider things in their lives even use the same method the character used to solve their own problematic.

#### **4.5 Characters**

As the plot not all characters are the same, what most of them have in common though is that they all have inner motors for doing what they are doing. Wall-e was to find beauty Michael Corleone in the godfather was to please his father even when he was already dead, Malala was to give a voice to those that didn't have one, marlin in finding Nemo protecting for harm the list goes on and on because every character has a dominant uncurious goal that they are striving to



reach. These goals don't always drive the character to do the best choices, but that is what makes change also an important factor in the story. Like the graphics I showed at the beginning it's never a constant line of actions, it changes, because the character changes too at some point in the story there is a moment a "click" that makes them be less selfish, go and help others, become who they really are, found beauty, keep someone safe they take actions and most times reach their goal or maybe they don't and simply learn something about themselves. Characters grow and change and make the story grow and change with them.





## Conclusiones Capitulo 4

No hay una sola manera de escribir una historia, hay millones de diferentes estructuras porque hay millones de historias por contar.

Las historias siguen una guía, pero no reglas. Son inevitables pero no predecibles. Pero hay determinadas características en las historias que se hacen presentes en la gran mayoría como, todos los personajes tienen un motivo interno por el cual hacen lo que hacen y un objetivo que quieren alcanzar.

También pude aprender cómo hacer que la gente se interese en el conflicto, y es la teoría del 2+2. Ésta consiste es no darles toda la información y hacer que deduzcan y busquen la respuesta, no darles el 4 darles el 2+2, porque lo que a todos más les importa es el desenlace, como de algo malo va a salir algo bueno porque vamos a aprender algo de ello.

CHAPTER 5

*The Power of  
Telling*



## Chapter 5

### “The Power of Telling”

Everyone has a story whether it is an experience, anecdote or teaching. A story is intended to be lived out loud. Since we learned the impact and power stories have in the person that hears them, we wonder what the impact on the teller is.

#### 5.1 Healing

Telling your story, while being witnessed by others who care, may be the most powerful medicine on earth. Each us is a constantly unfolding narrative. And yet so many of us leave our stories untold.

Every time you tell your story and someone else who cares bears witness to it, you turn off the body’s stress responses, flipping off toxic stress hormones like cortisol and epinephrine and flipping on relaxation responses that release healing hormones like oxytocin, dopamine, nitric oxide, and endorphins. Not only does this turn on the body’s innate self-repair mechanisms and function as preventative medicine or treatment if you’re sick. It also relaxes your nervous system and helps heal your mind of depression, anxiety, fear, anger, and feelings of disconnection<sup>5</sup>.

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<sup>5</sup>Lissa Rankin M.D.(Nov 27, 2012 ) Physiology Today. Recovered from <https://www.psychologytoday.com/au/blog/owning-pink/201211/the-healing-power-telling-your-story>



## 5.2 You Are Not Alone

This applies more to sad or traumatizing stories. So many are tormented by the insane idea that we're separate, disconnected beings suffering all by our little lonely selves.

When we tell our stories, the notion that we are suffering alone dissolves under the weight of evidence that this whole concept is merely an illusion and that millions of others are suffering just like us. They say misery loves company, and it's true. The minute you discover that someone else is suffering just like you, that sense of disconnection eases and you start to glimpse the truth, which is that we never walk alone.

## 5.3 The Power of Vulnerability

In order to benefit fully from the healing medicine of telling your story, you must resist holding anything back. You must strip off your masks, be unapologetically you, and ditch worrying about what "everybody" is going to think. Otherwise, your story becomes impersonal and shows a reduce version of who you are. As Brené Brown teaches in her TED talk *The Power of Vulnerability*<sup>6</sup> the gateway to intimacy is via being vulnerable about your imperfections. If you try to sugar coat your story, you miss out on the sense of connection with another human being that you can only attain when you're letting someone see your flaws. Every time you expose those imperfections, you gain trust or as Brené calls it, you "Put marbles in the jar". Over time, the

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<sup>6</sup>Brene brow (2010) the power of vulnerability  
[https://www.ted.com/talks/brene\\_brown\\_on\\_vulnerability](https://www.ted.com/talks/brene_brown_on_vulnerability)



intimacy you feel with other people depends on how many marbles are in your jar.





## Conclusiones Capitulo 5

Victoria Branca, una de mis entrevistadas dijo “...a veces alguien quiere encontrar maneras de canalizar y liberar, puede ser que tenga mucha energía o una tristeza o tiene enojos, tiene cosas ahí que no están muy claras y no sabes bien que significan y la escritura me ordena ese caos que tengo adentro.”

Es crear un espacio para aprender más de vos mismo, para sanar y no sentirte tan solo. Entonces la escritura es tan poderosa que no solo logra tener un cambio o un impacto en los receptores, sino también en el emisor.

CHAPTER 6

*Other Forms of  
Storytelling*





## Other Forms of Storytelling

We can agree that there are various diverse ways of achieving the purpose of storytelling and it is not limited to books or movies. And so many different types of storytellers appear and fit themselves in what a storyteller is.

### 6.1 Do Re Mi Fa Sol La Si

Songs are nowadays one of the most entertaining ways of telling a story and expressing yourself.

I wouldn't say all songs are stories, some songs are simply words put together to make some type of sense and do not really tell a story but simply their thoughts and feeling on a certain situation, I don't really think Despacito has a much deeper meaning that the desires that artist has towards a woman. But it's true all songs have a story that lies behind them, doesn't matter how dumb it may be, that story or occasion triggered and made the artist sit down and start writing and producing.

Some artists go further and do tell a full length story, that if you break it down could pass as a novel that you find at the library. A perfect example would be a trilogy made by BTS. The HYYH Trilogy is a coming of age story. It tells the struggles the boys are facing while transitioning from childhood to adulthood. And it specifically focused on Jin (one of the members)



struggling with his own metamorphosis, trying to return to the “pretend world” of Neverland where he thinks he will be able to reconnect with his youthful self



and feel as a whole again. This represents perfectly what storytelling throughout music truly is, they are telling an actual story with character, plot and dilemmas, heroes and villains, conveying also messages ideas, even giving advice throughout their music and songs.

Now if we take the lyrics out of the picture. The tempos and rhythms are also able to convey stories that make your imagination run wild since you are left with your own interpretation of what the artist wanted to express in those notes. Beethoven and almost all classical composers are trying to portrait something, may be the change of seasons, war or a walk on a park with just instruments they are able to express diverse felling without the need of using words.

Ella Fitzgerald said “*Music is the universal language... it brings people closer together*”, doesn't matter the language you speak where you live and your currents situation you can connect and understand a message or feelings, and if the song is good, in a completely enjoyable and pleasant way.



## 6.2 Click

There are pictures that are beautiful to look at. Sunrises above the ocean can be heartwarming and look great at the wall. But do they speak to you? Do they tell a story other than those of beauty?

Documentary Photography, on the other hand, is way more than what you see in the photograph. The picture is only the catalyst in triggering a chain reaction that lets you create a story in your mind. These stories are what make them



memorable, Impactful and emotional, stories of people, families, and societies and will stay interesting for future generations.

An average movie has 24 frames per second. With a running time of about 90 minutes, this means that the director uses 129.600 frames to tell his stories. 129.600 frames to create a story from beginning to end. From introducing the



characters to facing a challenging and finally solving the problem. How long would you need to photograph 129.600 Street Photographs? A month, a year or a decade?.





A movie has the luxury of having a lot of room to convey a tragedy or make the audience laugh. Storytelling in photography has only room for one frame. In a single frame, the photographer has to create the same tension.

In movies or books, it is very clear that the story starts from page, minute 1 with the introduction. We get to know the characters and the viewer, reader gets lead through the story. A photograph doesn't have such a clear order. All we see is a two-dimensional plane where everything seems equally important and has no clear beginning, nor end. A photograph is frozen in a moment. You don't know what happened before or afterward. This leaves room for the viewer to come up with a story himself.



Photographers don't tell the story. They create enough room and inspiration for the viewer to be involved in the picture and create one of their own. A lot of it happens in our minds and the minds of viewers are different, making the story much more abstract, without a timeline, beginning or end.

Storytelling in Photography should come with a detail that stands out from everything else. Helping the viewer to understand where a potential story could be hidden so they are able to create the story as a whole in their minds.

The common saying that a picture tells more about the photographer than its subjects may be true. But we can also say, that the story behind that photograph



tells also a lot about the viewer too. *“Don’t shoot what it looks like. Shoot what it feels like”* David Alan Harvey.



## 6.3 One Step at a Time

From ballet to hip hop, dancing can become a way of storytelling. Movement becomes the language while the body is the medium for the story to emerge.

Whether set to music, drums or silence, dance invokes a certain power that can only come from the core of the human body to convey something that cannot be



spoken, only felt. Often the product is joy or perhaps a sorrow that clutches and tears at the human heart, it's hard to define. The body is the instrument the dancer uses to speak to the heart of the observer. Dance is another language altogether. Dance, like music, can be transcendental, archetypal, ethereal, for the dancer, for the subject, and for the audience that watches the drama unfold. Dances has the power to shook, breath take, awe an audience, but also has the power to leave a message or tell a story without the use of words, so the body becomes the ink the movements the words that go on a white sheet, that is the observers mind, and with that create a story.

There are different ways of describing storytelling, as well as various ways of making a story alive, that goes beyond writing. Creativity is one of the key points at the moment of telling a story.

Like the world and the people that are living in it, storytelling is diverse. And that is one of the most powerful things it has, because it reaches more people,



from photographers to ballet dancers or hip hop rappers, they all are able to be storytellers.



## Epílogo

Este seminario está llegando a su final y lo veo como mi propia historia, como mi aporte a enseñar y enviar un mensaje que muchos quizá no escucharon.

Empecé este seminario sabiendo que mi propósito era demostrar que las historias tienen poder para transmitir mensajes, ideas, enseñanzas y que es una manera entretenida de hacerlo. Indagué en la historia de las historias, su etimología, busqué ejemplos de grandes historias como, Yo soy Malala, El diario de Anne Frank, profundicé en que verdaderamente hace una buena historia, y como beneficia no solo al receptor sino también al emisor.

En un principio tenía otra mirada de el poder que tenían las historias, creía que solo lograban tener poder si eran escritas, publicadas y llegaban a millones de personas, pero logré entender que toda historia cuenta y es poderosa aunque solo llegue a una persona, porque contar historias no solo ayuda al receptor a darle voz a una comunidad, que vean diferentes perspectivas y sentimientos en tiempo de conflicto, como llegar al perdón y encontrar tus fortalezas, que sean capaces de tomar esas enseñanzas o mensajes que el libro dejó y aplicarlas en tu propia vida. Sino que también ayuda al emisor a ser escuchado con sinceridad y subir la autoestima para mostrarte tal como sos, vulnerable, sin temor, sentirse menos solo al ver que otros pueden relacionarse con tu historia.

Cuando las historias se cuentan no pueden ser olvidadas si esta hecho de la manera correcta. Si logramos que nuestro lector deduzca y cuestione que ocurrirá después, que sea algo inevitable pero no predecible, darle el 2+2 no el 4.



Mostrar que de algo malo puede salir algo bueno, al escribir seguir guías, no reglas. Básicamente contar tus ideas tus experiencias, no como datos sino como una historia, con un inicio, un conflicto, un ganador y un perdedor, eso puede cambiar el mundo. Porque hace que la gente se interese y querer saber qué es lo que van a aprender o entender al final de la misma.

Fue un proceso en el que llegué a la conclusión que tenemos que fomentar las ganas de contar historias y escuchar la de otros. Especialmente en los chicos, jóvenes y minorías. Tenemos tan poca autoridad en la sociedad, pero tanto para decir y tanto que queremos cambiar y hacer mejor, pero no se nos dan el espacio o la atención e importancia suficiente para que seamos escuchados.

Para realmente poner de una forma entretenida y fácil el mensaje que quiero dar con este Seminario, escribí una corta historias, la moraleja o enseñanza que deja es que tenemos que dar esa oportunidad de contar su propia historia a todos, no importa quién seas, porque como ya dije en un principio, las historias son un símbolo de inmortalidad con las cuales vas a poder conectar, aprender y mantener viva tu experiencia, mensaje o enseñanza.

Contá para expresar todo lo que está oculto, para cambiar o mostrar diferentes perspectivas, para transmitir. Contá para cambiar el mundo, porque toda historia cuenta y toda historia merece ser contada.



A vibrant field of yellow and white daisies, with scattered blue flowers and butterflies. The scene is bright and sunny, with a soft focus on the background. The word "Anexo" is written in a white, cursive font across the center of the image.

Anexo





## Entrevista Ana Clara, Maestra y Cuentacuentos

Llegue a la Petrobras de Maschwitz para hacerle mi entrevista a Ana Clara una maestra y cuentacuentos para niños. El día estaba pesado, parecía que iba a llover los relámpagos iluminaban el cielo gris sobre nosotros. Me senté en una mesa y esperé, ella llegó en un auto de color amarillo, muy llamativo y alegre como, después pude ver, su personalidad.

Me vio, nos saludamos y entramos en un clima casi íntimo, se podría decir.

Comencé con una pregunta más personal;

Pauli - “¿Qué significa para vos contar historias y por qué decidiste comenzar a hacerlo?”

Ana Clara - “Bueno voy a remontarme a mi tierna edad, me sentaba todos los días arriba de la mesada a hablar con Piripiquio, que era un personaje imaginario, y le contaba historias a Piripiquio Lo que me había pasado durante el día era chiquita tendría 4 añiitos, todavía no iba al preescolar. Y empecé a hablar y desde ahí empecé a contar. Después me di cuenta que toda esa magia y fantasía que mi papa me pasaba contándome cuentos con los gnomos de nuestro jardín, los cuentos que me contaba antes de irme a dormir. Luego, cuando fui más grande fue Paturuzú y las historietas, después pasamos a jardín tallado porque ya estaba en el secundario y era una romántica y esto lo compartía también

Esto que conto me dejo ver una vez más el poder de las historias como la moldearon e inspiraron para dedicar su vida a contarlas



con una tía que leía y después fueron los grandes genios como Shakespeare, Cafca, Cortázar.

Con esto empezó mi gusto por los relatos y la lectura. Yo soy narradora de cuentos no casualmente sino que causalmente y me dedico a los niños, pero soy narradora también de historias para adultos, me especializo en niños porque aparte soy maestra...”

Al ver que menciono a los niños como su “especialidad” le hice la siguiente pregunta:

Pauli- “Porque crees que los niños necesitan escuchar historias?.”

Ana Clara- “Los chicos necesitan de la voz de uno, necesitan prestar atención en lo que uno les dice y como lo dice, en el mensaje que las historias dejan y depende del narrador saber captar la atención de ellos, que por cierto es una tarea dura y hermosa a la vez, porque con todo el mundo de la tecnología el terreno de las historias e incluso de lo oral queda atrás ahora todo es audio visual. Entonces tenemos que recrear esa magia e imaginación que es muy linda, hasta vital para los chicos, e incluso para los adultos.”

Se me vino a la cabeza esta frase: “La imaginación que trae y requiere una historia, ya sea oral o escrita, es algo único y que nada puede remplazar”

Siguiendo con el mismo tema pregunte

Pauli- “Que es lo que atrae a los chicos a la hora de contar una historia y cuáles son las características indispensables para un cuento de chicos?”



Ana Clara- “Yo hago cuenta cuentos temáticos, invente eso porque me di cuenta que me llamaban cuando tenía que atender grupos o clases que tenían alguna problemática ejemplo la muerte porque fallecían algunas mamás o algunos papás, muchos abuelos o alguien cercano, o el miedo a la oscuridad que es muy común entre los chicos, entonces es depende el grupo.

Pero a veces cuando voy a narrar los sábados, no tengo siempre el mismo público ni se con quién me voy a enfrentar, y depende la edad y contexto social yo busco el texto. También depende la onda, con las miradas, con como son los chicos, yo me doy cuenta que les puede interesar. Pero busco historias que obviamente tengan una temática fuerte y actual, como ahora por ejemplo estamos los derechos, no solo de los niños sino humanos, de la no violencia, la no discriminación hasta de qué es ser adoptivo también. Pero también tengo tres o cuatro que son clásicos que los leo siempre.

Para que presten más atención a lo que decís la ilustración juega un papel muy importante, ellos pueden anticipar a través de lo que ven, antes no había mucha ilustración en los cuentos, pero después empezó a cobrar mucha importancia para los chicos,

Una temática que la gente pueda relacionarse y tener algún tipo de conexión con el tema.

La ilustración es un cuchillo de doble filo, puede beneficiar o no.

“Poder imaginar, poder transmitir” concept/goal de contar una historia.

devuelta para que de alguna manera anticipen, pero es verdad que también la ilustración corta un poco la imaginación. Cuando no tenés imagen alguna y yo narro un cuento el chico se tiene que imaginar todo entonces yo lo que les hago a hacer es un trabajo anterior de sentido, porque no están acostumbrados ahora a hacer eso todo les llega rápido.



Antes, vuelvo, cuando yo era chica no había ilustración y eso es lo más lindo del mundo que puedan imaginar porque los atrapa en un mundo que no conocen y que tienen que crear y el fin de crear es lo que después los hace leer y es lo que les hace hablar y escribir bien. Un chico lector o un joven lector muy difícil que tenga errores de ortografía, muy difícil que se exprese mal, muy difícil que utilice en su vocabulario las tres o cuatro palabras que utilizamos todos”.

Me pareció muy interesante que para todas sus clases empezaba con una historia. Con eso lograba captivar a los chicos y los hacía interesarse sobre el tema, muestra también que las historias están en todos lados y son muy versátiles pueden ser usadas para diversas situaciones. Pero nunca perdiendo su esencia de transmitir y conectar.

Ahora le hice una pregunta bastante importante ya que es en lo que se basa mi hipótesis.

Pauli- “Crees que las historias pueden ser usadas para expresar ideas, mensajes?”

Ni me dejó terminar la frase y dijo:

Ana Clara- “SIEMPRE. Para mí no hay una historia, no hay una persona que escriba algo por más tonto que nos parezca que no tenga un mensaje que quiera dar. Está en el narrador saberlo expresar. la cadencia de la voz, las pausas en el momento indicado, las aliteraciones cuando el autor repite. A mí lo que me pasa es que los chicos también repiten conmigo y los ayuda mucho en el contestar los porque para qué y cómo. Siempre hay algo para decir que tenga que ver con un mensaje y me gusta buscar autores que los chicos puedan visitar, y que les llegue diferente dependiendo el momento en el que se encuentran, esos mensajes que son un poco difícil de descifrar y bueno hoy te suena de una manera y mañana te va a sonar de otra es algo a lo que tenés que recurrir, volver.”



Pauli- “Y para poder enseñar?”

Ana Clara- “También, yo en realidad me pasé mi vida enseñando a través de cuentos. Empiezo todas mis clases con una historia, mía o ficticia, pero siempre empecé así cualquier tipo de contenido lo abordaba con una historia. Los chicos quedaban enganchados porque es más divertido escuchar una historia, a que te digan San Martín cruzó los Andes... a que lo empieces con una historia. La cabeza de los chicos literalmente vuela y eso también los ayuda a hacer relaciones del tema y el concepto, realmente los ayuda a comenzar de una manera entretenida algo que quizá poco entretenido es.”

Pauli- “Algo más que quieres decir?”

Ana Clara- “Amo la narración. Agoniza todo lo que tiene que ver con lo oral. Es lamentable pero los papas llevan muy poco a los chicos a escuchar cuentos. Yo voy todos los sábados a una librería en un shopping, y veo que la gente prefiere pagar \$30 por fichitas para los juguetitos que venirse una horita a escuchar los cuentos que tienen un mensaje, algo que aprender, pero no es usado este espacio. Y quizá las familias no piensan la importancia de que el chico participe y se enganche, vos la vez como miran como escuchan y ese rato de calidad de tiempo que le das al niño, es no subestimarlos es ayudarlo a atreverse, a tener ganas de aprender y ganas de leer. Tengo a mi propia hija como ejemplo de que contarles historias a los chicos los incentiva a leer y aprender ella me pedía los libros de Ratoncito Pilber después de que yo le haya leído el primero ella me decía “mama yo quiero leer los demás” y con práctica pudo terminar la colección y ahora lee de todo.

Y en eso fallamos los grandes no los chicos, dejamos como que se nos escape ese detalle de que el chico tenga contacto con el libro y para que el chico agarre un libro tiene que haber alguien que le narre uno primero. Con una historia bien





contada y divertida, de lo que quiera miedo, de risa tenés que despertar esa cosa en los niños que los lleva a querer leer cosa, que no la despierta un jueguito, esto te da una idea o mensaje que por ahí te queda para siempre o que te ayuda a volar para otro lado, o mismo que te ayuda a crear. Las historias son un medio de comunicación entre personas que nunca se va a poder comparar”



## Interview Dave Lieber Journalist Dallas Times

I decided to make an interview to Dave Lieber because his Ted Talk is the one that inspired my whole seminar .I was really nervous to send this interview but his answer were a reaffirmation of my hypothesis and what I want to prove with this project.

Pauli- What is storytelling for you? Has it helped you in any way at some point of your life?

Dave- Storytelling is the most important form of communication, not Power Point or bullet points which dominate in the business world. Stories bring out emotion and passion. They help people learn, understand and remember. Our brains prefer stories. I proposed to my wife in the newspaper. It's my greatest story. I won my wife, her kids, a dog and a national writing award.

You can hear me read that story on this web page. Hit the audio button for it (near the bottom)

<https://davelieber.org/product/dog-of-my-nightmares/>

Pauli- In your ted talk you talked about how storytelling works and its structure. How do you think that helps a story become more interesting, to a listener or reader?

Dave- Because the structure advances the story, and keeps the listener entranced because they have to wait to the end to see how things turn out.



Pauli- Do you think our brain works or understand differently while listening to a story?

Dave- Science says so. We have billions of neural brain ending in our head, and when we hear a story, they get excited and pay closer attention. You see that in your life every day, right?

Pauli- Is storytelling truly a powerful way of transmitting ideas, messages, beliefs or of expressing yourself to other people? And how do you think it can help us change the world?

Dave- People get elected to powerful jobs because their life is a great story, or they tell the best stories. In my country, the Republicans were telling stories, and the Democrats were giving facts in the early 2000s. The Dems brought in a storytelling expert linguist named George Lakoff and he taught them how to tell stories instead. They did well in the next election. Stories are what change the world. Wars start because of stories. Heroes are made because of their stories.



# Entrevista Victoria Branca

## Escritora

Pauli- “Me contaste que vos escribís mucho, entonces para vos, qué significa contar historias?”

Victoria- “Para mí es una aventura, es un espacio de juego, un espacio lúdico, es un encuentro conmigo misma. Abrir ventanas que yo no sé qué es lo que va a salir. Cuando me siento a escribir no tengo mucho plan, a veces alguien quiere encontrar maneras de canalizar y liberar, puede ser que tenga mucha energía o una tristeza o tiene enojos, tiene cosas ahí que no están muy claras y no sabes bien qué significan, y la escritura me ordena ese caos que tengo adentro.

Si me pongo a pensar yo confié cada vez menos en mi cerebro, en vez cada vez más confié en el poder que tiene la palabra escrita, en mi caso por lo menos cuando hablo hago algo diferente con mi cerebro que cuando escribo, porque ahora que estoy hablando estoy conectada con mi razón, pero cuando escribo no estoy usando la razón sino que se va a un lugar más visceral, más intuitivo, más íntimo. El hecho de que no estoy hablando y no estoy usando mi voz y no estoy usando nada para decir palabras oralmente es como si eso me hiciera meterme un poco más para adentro va por otro canal.

Es una buena medicina la escritura. A veces pienso qué me pasa y empiezo a escribir y digo “uh estoy enojada” es como tener un terapeuta interior. Además, escribir te permite vivir otras vidas, lo que te dije antes es la parte más terapéutica y sanadora pero después tiene la parte divertidísima y de aventura. De vivir un montón de vidas vos podés ser lo que quieras a través de tus relatos y tus historias



podés ser un hombre, una vieja, un niño, vivir en otros países, podes tener otro novio, podes hacer lo que quieras.”

Pauli- “¿Y por qué empezaste a contar historias? “

Victoria- “Yo empecé de chica, no me acuerdo el día exacto pero estaba en segundo grado, iba a un colegio católico de monjas y me encantaba esto de que podía hacer palabras más lindas, le prestaba mucha atención a la palabra en sí, y quería escribir bien, no quería tener faltas de ortografía. Entonces cuando hacía los famosos dictados, yo estudiaba y cuando por ahí me devolvían y me decían “tenés dos palabras” y me enojaba, porque yo tenía que escribir bien todo, ese es mi primer registro de mi relación con la escritura en sí. Y después me acuerdo que encontraba como un refugio en momentos que tenía tiempo libre, escribía una historia cortita o también tocaba la guitarra y quizá a veces escribía una estrofa o un verso muy cortito y de ahí seguí “

Pauli- “Contarme un poco del taller...”

Victoria- “Yo lo que trato de hacer es generar un espacio para que los demás puedan hacer esto que yo descubrí, que es liberar, sacar del cautiverio... Yo uso un juego de palabras para explicarlo “ex presar” es sacar de la prisión, lo que uno expresa lo libera entonces deja de estar preso. Si yo no lo expreso lo imprimo, lo que yo no libero lo imprimo en el cuerpo si yo no hago algo con esos sentimientos si no los libero con un grito golpeando a una cosa hacer algo que saque esa energía que tengo se pegan en el cuerpo, entonces la escritura hace liberar y sacar de la prisión o del cautiverio un montón de emociones. Al ponerlo afuera, me permite no solo ver qué me pasa, sino despegarme de eso que me pasa y me siento más liviana y una de las cosas que intento hacer antes de cada clase es dar un pequeño espacio



para liberar y sacar lo que me está molestando. Entonces hago algunos ejercicios de “Aquí ahora me siento...” entonces al escribirlo se achica eso y al nombrarlo y ponerlo en palabras deja de ser una incógnita.

En el taller tengo varios objetivos. Yo creo que no te pueden enseñar a escribir porque la mejor escuela es la práctica, pero vos si podes dar guías y un espacio para que la gente se conecte con la escritura, con las emociones y empiece a desbloquear lo que le impide imaginar.

Lo que intento hacer mucho porque es una buena entrada hacia la buena escritura es que la gente vuelva a jugar. Volver a ser como cuando éramos chicos que no tenias tantos condicionamientos, el qué dirán, todas esas cosas que hacemos de grandes por seguridad que cuando uno es chico no estás fijando que dice el otro para vos lo que estás diciendo es fantástico, te estás divirtiendo, la estás pasando bien y eso es lo que yo trato de lograr en los talleres también. Además de leer porque la escritura se apoya en pilares y uno es la lectura, vamos comentando los sentimientos que tenemos cuando leemos diferentes autores. “

Pauli- “Entonces por lo que me dijiste no hay un componente que haga una buena historia”

Victoria- “Para mi cada historia personal es sagrada, me puede gustar una más que otra, tener más afinidad con unas y otras pero todos tenemos historias que merecen ser contadas y compartidas... “

Pauli- “Es depende también de como la presentes, ¿no? El impacto que puede tener en alguien. “



Victoria- “Exactamente. Yo hice un curso de narración con Ana Marina Bobo y ella decía que cuando vos vas a contar una historia la tenes que contar, que hasta tenes que practicarla en voz alta con los cambios de entonación, con gestos y como te movés en el escenario. eso cuando la contás oralmente, pero cuando la contás por escrito también tiene que haber una forma que captive al lector o al que te esté escuchando. Para mí esa es la diferencia entre una historia bien contada, porque puede ser una mala historia bien contada o una excelente historia mal contada siempre va a ganar la primera. Porque se va hechizando, viste como los animadores de cumpleaños que lo dicen de tal manera que pensás “va a venir el lobo en serio” te crees todo bueno esa magia hay que lograrla cuando uno cuenta historias y se aprende, yo creo que eso si se aprende algunos lo van a lograr mejor que otros pero también creo que existe un don.”

Pauli- “Y a esa magia ¿cómo decís que se puede llegar?”

Victoria- “Primero jugando, esto que te decía antes. Es muy divertido trabajar con adultos porque vas viendo como al adulto le da vergüenza divagar o contar un delirio, es como que se sienten en serio locos entonces por ahí empiezo ejercicios divagando y digo en la clase “ Viste la nave espacial que aterrizó el otro día atrás del obelisco?” entonces les digo que me la sigan y todos seguimos narrando el delirio pero estamos en comunión eso que parece que algunos les da miedo destraba un montón, descomprime y te habilita la creatividad y la imaginación porque la tenemos atrofiada. Cuando empezamos a funcionar con la razón, con la lógica el orden que van a pensar los demás y esa parte que es muy del niño, hablar con gente que no está, crear cosas que no existen, usar las cosas a su favor para crear mundo mágicos o lo que quiera crear.”





Pauli- “Claro y como de grande no lo podes hacer así lo haces escribiendo...”

Victoria- “Bueno muchos escritores de ficción Steven King que escribe cosas loquísimas con los monstruos bueno algunos llegan a eso por sustancias pero de esa manera logran habilitar ese mundo porque los tienen MUY reprimido, pero lo que no se entiende es que se puede lograr naturalmente ya que somos seres creadores y creativos ingeniosos.”

Pauli- “¿Crees que contar historias es una buena manera de transmitir mensajes ideas?”

Victoria- “Yo creo que es una manera muy eficaz de llegar al corazón de las personas, por todo esto que dije antes. Primero contarla de una manera genuina vos te das cuenta por ejemplo los jóvenes son mucho más upfront, son muy lo que quieren van y lo dicen. En mi época no era así, tenias que cuidar mucho que decías viví en una situación muy difícil de la dictadura, había un montón de cosas que no se podían leer, decir que se tenían que guardar muy en secreto. Y yo creo que transmitir ideas creencias o sueños a través de historias es muy eficaz y más ahora con las redes sociales en dos minutos si vos hiciste algo copado agrupaste las palabras de una manera muy efectiva y muy movilizadora y que conmueve se viraliza y llegas a un montón de gente pero también hay mucha competencia y hay que tener cuidado porque pasa que te llegan historias de cierto acontecimiento medias malas y vos te quedaste con eso y no llegas a conocer historias más valiosas o mejor contadas o de más calidad. Es una manera muy atractiva también y lo mejor es que todos tenemos a capacidad de poder hacerl





*My Story as  
a Storyteller*





Decidí tomar lo aprendido en los capítulos y en las entrevistas que ya había hecho, y hacer algo que nunca había intentado antes, escribir mi propia historia.

Quiero que resuma el propósito de todo mi Seminario, lo que quiero demostrar con el mismo, que las historias tienen poder para transmitir ideas, mensajes o enseñanzas. Acá voy a documentar todo el proceso de escribirlo y finalmente contarle frente a una audiencia.



20 de Septiembre 2018

Querido diario,

Bueno la primera vez que te escribo, creo que ya tengo una idea de cómo va a ir este pequeño cuento que quiero escribir. Una bruja de protagonista, siempre son vistas como algo “malo” pero a mí siempre me gustaron y me parecieron personajes interesantes, creo que voy a hacer a alguien para que sea la voz de la razón que ella no sepa todo y que busque las respuestas en otras persona. Esto es todo lo que tengo hasta ahora te actualizo la próxima.

Pauli

21 de Septiembre 2018

Querido diario,

Hola, vuelvo a escribirte. Ya tengo a mis personajes!! Hoy hablando con mi mama le pedí que me ayude a pensar en algo que sea la voz de razón. Pasamos por varias cosas, una luz, un árbol, y después ella me dijo que toda bruja tiene una mascota e inmediatamente pensé en mi animal favorito, un gato. Así que ya tenemos a los personajes: la bruja que no tendrá nombre para que todos se imaginen y ellos tenga su propia versión de ella y un gato negro como la voz de la razón en todo el conflicto, el será sabio pero también gracioso. Y eso es todo lo que tengo hasta ahora. Terminaré de pensar mañana, ahora quiero ir a comer.



22 de Septiembre 2018

Querido diario,

Hoy ya comencé a escribir o por lo menos a darle un poco de estructura a la historia. Es difícil para mí esto, estoy acostumbrada a escribir cuando me sale o tengo ganas, pero estoy motivada y con ganas de hacerlo. Espero que algo salga de esto.

Pauli

24 de Septiembre 2018

Querido diario,

Tengo casi mitad del cuento pensado y organizado. La temática y el mensaje son dos cosas que me concentré y pensé muchísimo. Hoy fue la asamblea general para la juventud de la ONU y alguien a quien admiro muchísimo dio un speech

*“I’d like to begin by talking about myself. I was born in Ilsan, a city near Seoul, South Korea. It is a really beautiful place with a lake, hills, and even an annual flower festival. I spent a very happy childhood there, and I was just an ordinary boy. I used to look up at the night sky and wonder, and I used to dream the dreams of a boy. I used to imagine that I was a super hero who could save the world. In an*



*intro to one of our early albums, there's a line that says, 'My heart stopped when I was maybe nine or ten.' Looking back, I think that's when I began to worry about what other people thought of me, and started seeing myself through their eyes. I stopped looking up at the night skies, the stars. I stopped daydreaming. Instead, I just tried to jam myself into the molds that*

*other people made. Soon, I began to shut out my own voice, and started to listen to the voices of others. No one called out my name, and neither did I.*

*My heart stopped, and my eyes closed shut. So, like this, I, we, all lost our names.                    We                    became                    like                    ghosts.*

*But I had one sensory, and that was music. There was a small voice inside of me that said, 'Wake up, man, and listen to yourself.' But it took me a long time to hear music calling my real name. Even after making the decision to join BTS, there were a lot of hurdles. Some people may not believe, but most people thought we were hopeless. Sometimes I just wanted to quit. But I think I was very lucky that I didn't give it all up. And I'm sure that I, and we, will keep stumbling and falling like this. BTS has become artists performing in those huge stadiums and selling millions of albums right now, but I am still an ordinary 24-year-old guy. If there's anything that I achieved, it was only possible that I have my other BTS members right by my side, and because of the love and support that our ARMY fans all over the world make for us. And maybe I made a mistake yesterday, but yesterday's me is still me. Today, I am who I am with all of my faults and my mistakes. Tomorrow, I might be a tiny bit wiser, and that'll be me too. These faults and mistakes are what I am, making up the brightest stars in the constellation of my life. I have come*



*to love myself for who I am, for who I was, and for who I hope to become. I'd like to say one last thing: After releasing our Love yourself albums and launching the 'Love Myself' campaign, we started to hear remarkable stories from our fans all over the world. How our message helped them overcome their hardships in life and start loving themselves. Those stories constantly remind us of our responsibility. So let's take all one more step. We have learned to love ourselves, so now I urge you to speak yourself. I'd like to ask all of you, What is your name? What excites you and makes your heart beat? Tell me your story. I want to hear your voice, and I want to hear your conviction. No matter who you are, where you're from, your skin color, your gender identity, just speak yourself. Find your name and find your voice by speaking yourself. I'm Kim Nam-joon, and also RM of BTS. I am an idol, and I am an artist from a small town in Korea. Like most people, I've made many and plenty mistakes in my life. I have many faults, and I have many more fears, but I'm going to embrace myself as hard as I can, and I'm starting to love myself gradually, just little by little. What is your name? Speak yourself. Thank you very much."*

Este speech inspiró completamente el concepto de mi cuento, de hablar por vos, mismo contar tu historia y así encontrar tu propia voz para poder llegar a otras personas. El tiempo y la coincidencia no podrían ser más perfectos. Ya estoy llegando en la última parte de este viaje, de imaginación y encuentro con mi creatividad. Ahora a seguir escribiendo.

Pauli





30 de Septiembre 2018

Querido diario,

Si soy sincera me olvidé de escribir pero te hago un resumen de lo que estuve haciendo, ya estoy en la ultima etapa del proceso, en el medio logré escribir la trama, los diálogos y ahora sólo le faltan correcciones. En estos momentos estoy creando la tapa. Veremos en el final cual de todas queda, estoy emocionada por cerrar este momento, espero que los resultados sean lo que yo espero.

Pauli

10 de Octubre 2018

Querido diario,

Y finalmente se termina este viaje. No fue fácil, pasé por muchos momentos en donde pensé que sería mejor pensar en otra cosa, no estaba satisfecha con mi trabajo, pero al final lo logré y estoy feliz con los resultados.

Pudiste ver las razones, el proceso de este cuento. Es un cuento corto pero como podrías haber visto todos los detalles tienen una razón, nada está puesto porque sí, y eso para mí lo hace especial espero que te guste. Ahora tengo que encontrar a quien se lo puedo contar. Nos vemos cuando tenga eso resuelto



15 de Octubre 2018

Querido diario,

Encontré a mi audiencia. Hoy tengo que ir a contar mi historia a los chicos de primaria, no sé qué esperar, estoy un poco nerviosa porque tengo que salir mucho de mi zona de confort y exponerme más de lo que me gustaría pero quiero tener esta experiencia, quiero ver como los chicos reciben la historia y su mensaje, que piensan de lo que escribí. Deséame suerte.

Pauli

Querido diario,

Acabo de contarles mi historia a los chicos y fue mejor de lo que creía.

Cuando entré había una chiquita un poco activa, que tomando lo que me dijo Anaclara que haga si en algún caso había un niño muy hiperactivo, la senté al lado mío e hice que me ayude a contar la historia, le pedí que termine las frases para que la mantengan sentada y concentrada en lo que estaba pasando. Cuando terminé de contarla, muchos preguntaron si yo había escrito la historia y estaban sorprendidos cuando les dije que sí.



Yo les pregunté si habían entendido lo que les había contado y algunos contestaron que no pero otros que si y les pedí que me expliquen, una me dijo “que contar historias son importantes y tenemos que contarlas” y me puse extremadamente contenta al escuchar que por lo menos una persona había entendido lo que quería transmitir. Después les pregunté si les había divertido y todos contestaron que si, algunos que les dio gracia el personaje del gato otros que les gustaron las expresiones que hacía y cómo lo contaba y con eso todos nos reímos. Fue un momento en donde no estaba muy concentrada en el que pensarán o dirán sino que estaba poniendo toda mi concentración en hacer que los chicos la pasen bien y puedan aprender algo.

No creo que repetiría la experiencia porque no es de mi preferencia exponerme así, pero no puedo negar que fue una experiencia que todos tendríamos que hacer alguna vez, mostrarse así, vulnerable y contar algo que vos pusiste todo tu corazón y esfuerzo, escuchar el feed-back de los chicos fue algo que siempre voy a recordar.

Creo que esta es la despedida. Gracias por acompañarme.

Pauli



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