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"October; South Cape Beach" by Jan Collins Selman; www.jancollinselman.com

Joan Anderson is a journalist and the best-selling author of [A Year by the Sea](#), [An Unfinished Marriage](#), [A Walk on the Beach](#), and [A Weekend to Change Your Life](#). She has also written several children's books and the non-fiction book entitled, [Breaking the TV Habit](#). Ms. Anderson conducts weekend workshops for women around the country.

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the primitive, age-old wisdom of North African tribes, the vortex of Provincetown, MA and finally, we go on a vision quest with Joan into the wilderness of our very souls. Here she encourages us to ask of our hearts, "What do I need right now?"

Questions and Interview by: Denise Bouchard

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In her books, Joan shares her musings on love, marriage, getting older, caring for aging parents, and spirituality as she aids readers in finding peace and inspiration within their lives. She is a guide for the kind of women who do not want to be stagnant but generative instead. "She helps women figure out how after being all things to all people- they can finally become what they need to be for themselves."

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Though Joan works primarily with women, her advice also works for men and I cordially invite the men along on this journey of introspection for males and females alike.

Come with me now as I interview her and then when we part ways, think of how you can go on your own quest, back to yourself.

1) During your year by the sea you had a powerful epiphany that was a message to women world wide. That “we are all as unfinished as the shoreline along the beach.” You refer to Clarissa Pinkola Estes who wrote, Women who Run with Wolves, and she talks about how in this stage, ages 49-56, we desire to live without rules and go away until finally we have the chance to find our individual reason for being. It is after that, Estes states, that we truly become who we are. I’m there, but what is this need to run? I know for me, that between taking care of my family, my mother, and one thousand other details, I feel as though I can’t even think at times. I know it’s not just wanderlust, because then, as always, I can’t take everyone along. It’s more that I have this unfinished manuscript which I feel that I just can’t get to that needs to be born and I have an inkling that I need to go away alone in order to accomplish this.

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5) Let's stay in the spiritual for the moment... In Iona, an island in the Hebrides off the coast of Scotland, you found exactly what and whom you needed at just the right moment. The serendipity you experienced there seemed like something right out of The Celestine Prophecy; only what you experienced was real. I loved reading about the rocks and the sacredness of this place. Were the island's effects on you lasting and tangible?

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*Here we would like to thank featured past and present authors for permitting us to interview them. It was an honor to be able to discuss the craft of writing with them.

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