

Mary Carroll Moore

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Curriculum Vitae

EDUCATION

M.F.A. Creative Writing/ Fiction, Goddard College, 2007

M.A. Russian, San Diego State University, 1980

B.A. Russian language and literature, Boston University, 1976 (cum laude)

Institut d'Etudes Europeennes, Paris, France, 1976

Sorbonne, Paris, France, 1976

Ecole des Beaux Arts, Paris, France, 1976

University of Iowa, Division of Continuing Education: Creative Writing, 1998

Iowa Summer Writers Workshop, 1999-2002

Loft Literary Center, Minneapolis, 1999-2005

PROFESSIONAL HISTORY

Faculty member, The Loft Literary Center, Minneapolis, MN, 1999-present

Faculty member, Hudson Valley Writers' Center, Sleepy Hollow, NY, 2004-present

Instructor, Southern New Hampshire University, Writers' Project, Manchester, NH, 2010

Instructor, Arsenal Center for the Arts, Boston, MA, 2010

Faculty member, Madeline Island School of the Arts, Wisconsin, 2010

Nominated PEN/Faulkner Award, *Qualities of Light*, 2009

Nominated Lambda Award, young adult fiction, *Qualities of Light*, 2009

Guest panelist, River Arts Council, "Writers on Writing: Inhibition, Sublimation, and Facing the Empty Page," Irvington, NY, 2008

Artist-of-the-Year Award, Amoena Corporation, 2009

Guest lecturer, American Society of Penwomen, Greenwich, CT, 2005-present

Owner, instructor, Healing Images—Art for the Heart, LLC, 2003-present

Teaching Artist, Bloomington Art Center, Minneapolis, MN, 2002-2004

Instructor, Abbott-Northwestern Hospital, Women's Cancer Resource Center, Regions Hospital, HealthPartners, Minneapolis, MN, 2003-2004

Visiting author, Borders Book Shops Visiting Authors Program, Minneapolis, MN, 2000-2002

Workshop instructor, Barnes & Noble Bookstores Authors Lecture Series, St Paul, MN, 2000-2002

Conference director and faculty member, Eck Writers and Arts Conference, San Francisco, Minneapolis, Philadelphia, Montreal, and other locations, 1998-2002

Editor, *Eckankar Journal* (literary and spiritual arts journal), Minneapolis, MN, 1998-2002

Guest presenter, Mind Body Spirit Festival, London, UK, 1997

Lecturer, Women and Spirituality Conference, University of Mankato, 1996

Guest lecturer, Honeywell Women's Council, 1995
Instructor, Open U, Minneapolis, 1996
Book developer and writer, General Mills, Inc., 1994-96
Substantive editor/copy editor, Eckankar Books, 1987-2005
Faculty member (T.A. and summer school faculty), San Diego State University, 1980-81
Faculty member, Yavapai Community College, Prescott, AZ, 1977-78

CONFERENCES

The International Women's Writing Guild, Saratoga Springs, New York, 2006
Iowa Summer Writers Festival, Iowa City, IA, 1999-2002
The Loft Literary Center, Minneapolis, MN, 1999-2004

SERVICE

Lake Country Pastel Society, Board of Directors, 2001-2004
Connecticut Pastel Society, Board of Directors and Publicity Chairperson, 2006-2007
Another Octave Women's Chorus, Board of Directors and Publicity Chairperson, 2005-2006

PUBLICATIONS

Books

Qualities of Light (novel), Bella Books/Spinsters Ink, 2009
How to Master Change in Your Life: Sixty-seven Ways to Handle Life's Toughest Moments, Eckankar Books, 1997
Turning Points, Illuminated Way Publishing, 1991
Cholesterol Cures, Rodale Press, 1997 (with Richard Trubo)
Prevention's Quick and Healthy Low-Fat Cooking, Rodale Press, 1998
Low-Fat, Low-Cost Freezer Cookbook, Rodale Press, 1998
Prevention's Low-Fat, Low-Cost Cookbook, Rodale Press, 1997
Prevention's Quick and Healthy Low-Fat Cooking: Featuring Weeknight Meals in Minutes, Rodale Press, 1997
Prevention's Healthy One-Dish Meals in Minutes, Rodale Press, 1996
Betty Crocker's New Low-Fat, Low-Cholesterol Cookbook, Simon & Schuster, 1996
Dr. Dean Ornish's Program for Reversing Heart Disease, Random House, 1991
(contributor)
The No Cholesterol (No Kidding!) Cookbook, Rodale Press, 1991 (with Hal Straus)
Healthy Cooking, Ortho Publications, 1989
The New Gourmet, Ortho Publications, 1988
Great Meals in Minutes, Time Life Books, 1985 (contributor)

Short Stories

"Luna," *Quay: A Journal of the Arts*, Winter 2008
"Breathing Room," *Santa Fe Writer's Project Literary Awards 2000*

Poetry

"Elegy to Opposites," *Pitkin Review*, Spring 2006

Essays, News Articles, Interviews, Reviews, and Features

(over 200 published, sample below)

- “Art and Healing,” *Pastel Journal*, February 2006
- “Authentic Self-Promotion for Pastel Artists,” *Pastel Journal*, August 2006
- “Book Some Time for Your Book,” *A View from the Loft*, Summer 2006
- “It’s All about Capturing Color,” *Onward*, May 2001
- “Lean, Leaner, Leanest,” *American Health*, April 1987
- “Low-Fat Feasting,” *Mps St Paul Magazine*, August 1992
- “Making the Grade,” *Prevention Magazine*, November 1991
- “Marketing Your Art with Greeting Cards,” *Pastel Journal*, May/June 2002
- “Pace Yourself—An Exercise to Create Music in Your Writing,” *A View from the Loft*, Winter 2006
- “The Quality of Light,” *American Artist*, January 2003
- “A Reference Library for Your PC,” *Lotus Magazine*, August 1989
- “Super Ways with Super Veggies,” *Fast and Healthy*, March/April 1994
- “Taming Your Child’s Sweet Tooth,” *Healthy Kids*, Holiday 1992
- “Why Revise? Learning the Art of Conscious Revision,” *A View from the Loft*, Winter 2003
- “Writing with Images, Writing with Words,” *A View from the Loft*, Spring 2008
- “Writing through Healing, Healing through Writing,” *The Phoenix*, February 2001

Over 200 other articles, columns, essays, interviews in *Bestways*, *Boston Globe*, *USA Today*, *Baltimore Sun*, *Cooking Light*, *Food & Wine*, *Health*, *Medical Self-Care*, *Minneapolis Star-Tribune*, *Sedona Life*, *Whole Life Times*, and other publications

Columns

- “Healthy Eating,” *Los Angeles Times* Syndicate weekly column, 1996-2004
- Contributing editor and monthly columnist *Vegetarian Times*, 1990-98
- Contributing columnist *Pastel Journal*, 2006-2007
- Columnist *A View from the Loft*, 2004-present

AWARDS

- Honorable mention, McKnight Fellowship Awards, fiction, 2005
- Finalist (top ten), Loft Mentor Series Awards, fiction, judged by Amy Bloom, 2001
- Honorable Mention, Quincy Writers Guild Creative Writing Contest, fiction, 2000
- Honorable Mention, *Glimmer Train*, Short Shorts Contest, fiction, 1999
- Best Book of the Year, Health and Diet, Julia Child/International Association of Cooking Professionals/Seagram’s Award, nonfiction book, 1988
- Selected for *American Health*’s anniversary issue, nonfiction article, 1988
- Selected for *The Best of Food & Wine 1996*, nonfiction article

PROFESSIONAL MEMBERSHIPS

- Authors Guild (1988-1995)
- International Association of Cooking Professionals (1989-1998)
- American Society of Journalists and Authors (1992-1996)
- National Association of Newspaper Editors and Writers (1992-1996)

Associated Writing Programs (AWP) (2004-present)
Lake Country Pastel Society (1999-2005)—(board of directors)
Connecticut Pastel Society (2005-present)
New Hampshire Pastel Society (2008-present)

MEDIA RECOGNITION

Print Media

Book Review of *Qualities of Light*, *Minneapolis Star-Tribune*, October 2009
Book Review of *Qualities of Light*, *St. Paul Pioneer Press*, October 2009
Included in Best Reads for 2009, *Adirondack Life Magazine*, October 2009
“Shedding Light on Family” (Review of *Qualities of Light*), *Litchfield County Times*,
October 2009
“For a Writer-Painter-Singer, Secret’s in Her ‘Chemistry,’ ” *The New York Times*, July
29, 2007
“I’m Not a Quitter,” *Waterbury Republican-American* (Connecticut), September 25, 2007
“The Art of Healing,” *Onward*, Autumn 2002
“Making Sense of Change,” *The Chronicle* (Toronto), May 13, 1998
“Riding Out Life’s Ups and Downs,” *Baltimore Sun*, March 24, 1997
“Higher Education,” *Vegetarian Times*, July 1984
“Where’s the Tofu?” *Sky* (Delta Air Lines), June 1984
“New Schools for New Food,” *USA Today*, March 7, 1984
“California Fitness Frontier of the World,” *Spring Magazine*, October 1983

Radio/TV

Guest on over 100 U.S. radio and TV shows, including NPR (Faith Middleton Show),
Minnesota edition of *All Things Considered*, Lifetime Cable TV’s *Attitudes*, and *Evening
Magazine San Francisco*

Guest on over 20 radio and TV shows in France, Australia, and Canada