Isolation’s End

Author and cancer survivor Suleika Jaouad’s new project helps people channel isolation into creativity and connection.

September 14, 2020 By Caroline Tien

When cancer survivor and author Suleika Jaouad (suleikajaouad.com) underwent a stem cell transplant several years ago, her social isolation was extreme. She found connection by sharing one small creative act a day for 100 days with friends and family.

Now she’s created “The Isolation Journals.” Sign up to get a weekly prompt to write about, for example, “the last time you looked at something and noticed a change within—studying a painting, an animal, a flower” and have it shared with others.

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http://beta.docker.cancerhealth.com/article/isolations-end