

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>