



Q & A



Heart Speak *A Visual Interpretation of Let Your Life Speak*

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In this visual representation of a classic, Sherrill Knezel brings Parker J. Palmer's *Let Your Life Speak* to life. More than seventy heartfelt images accompany excerpts from Palmer, inviting readers to explore and embrace both their own limits and their own potential as they listen to their inner voice and courageously follow its lead.

A Visual Interpretation of Parker Palmer's Classic

What was your inspiration for *Heart Speak*?

Sherrill A. Knezel: Parker Palmer's *Let Your Life Speak* has been a beloved book that I return to again and again for centering and inspiration. I have my grandmother's copy and it is well-loved—drawn in and marked up. After attending a Growing Edge weekend retreat led by Parker Palmer and Carrie Newcomer, I knew I wanted to collaborate with Parker in some way, using my drawings to uplift and amplify his work in a new way. It brought me such joy to meet with Parker over the months I was writing and illustrating the book, and I am so excited to see it come to life!

What was your goal in creating this visual book of Parker's writings?

Sherrill: I am such an advocate of the power of visuals, and when they are paired with meaningful, powerful words, it is a creative way to bring an existing text to life. My main goal for the book is to communicate Parker's words in a new way in order to introduce a new audience to his work. The format of the book is meant to be a circle conversation in a way. The reader connects with images and Parker's text first, then is invited by a personal reflection and an open question to further interact with the text. It can be a book that can be read once or many times—each time the reader may be touched by the images and quotes in a new way, depending on what they are experiencing in their life.

How do you find this type of book most meaningful?

Sherrill: I find that sitting with the visuals first and then listening for the story it wants to tell helps me to find even more meaning when I then read Parker's words. I would love to use this method in conversation with readers to see how this changes the engagement experience for readers.

What tools or ideas do you hope readers learn or take away from *Heart Speak*?

Sherrill:

- An appreciation for Parker Palmer's work
- A way to use the book to reflect on their own vocation and what brings them joy
- A way to interact with visuals and text as meditation
- Finding true self is a lifelong practice that involves allowing for rest and accepting all aspects of self
- Learning to listen to life and true self are ways to create a meaningful life



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