

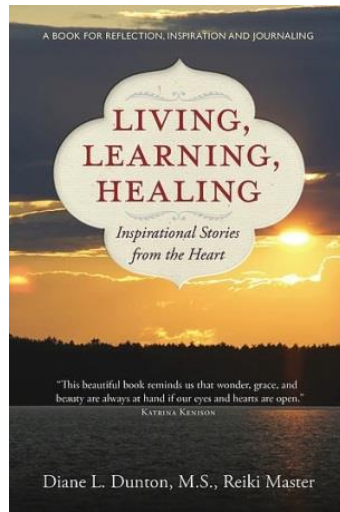
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## Maine author changing the status quo

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April 26, 2017

KENNEBUNK — Business consultant, visual artist, and author Diane L. Dunton knows a lot about shaking things up. In fact, changing the status quo is an integral part of the work she has done with some of Maine’s largest and best known companies over the past 25 years, helping individuals, nonprofit organizations and corporations to embrace change, unlock potential, and define and achieve goals. But it was when she found herself prematurely widowed and facing cancer over a decade ago that Dunton immersed herself in the creative arts, beginning a journey of emotional, intellectual and artistic exploration and healing. While continuing at the helm of her consulting company, Dunton took up painting, dove further into her passion for photography and writing, and became a certified Reiki Master. She began to show her photographs and paintings, accept pet portrait commissions, and started work on a book. Today, Dunton is in full health and using what she’s learned to help others heal.



Diane Dunton, author of the new book [Living, Learning, Healing](#)

Facing challenges and finding inspiration for living will be the focus of Dunton’s presentation at 6 p.m. Tuesday, May 2 at the Kennebunk Free Library, titled *Finding Inspiration: Through the lens of a camera and beyond*. “All of us want personal and professional happiness,” says Dunton, “and we all find inspiration in different ways: a song, a teacher, a friend, nature, a painting or a book.” Dunton will share where she finds her own inspiration for writing, painting and speaking and what she’s discovered about the connection between the creative process and wellness to show others how they, too, can find inspiration and harness the power of creativity to cope with life’s challenges and embrace change.

Author Katrina Kenison has praised Dunton’s work saying, “Whether grieving the loss of a loved one, confronting a difficult diagnosis, or grappling with the hard truths of lives that don’t unfold according to our best-laid plans, this beautiful book offers quiet guidance to find our way forward and reminds us that wonder, grace, and beauty are always at hand if our eyes and hearts are open.” Regional nature photographs by Dunton are featured throughout the book, which also includes a section for personal journaling. Dunton’s book, *Living, Learning, Healing: Inspirational Stories from the Heart*, is widely available online and locally at select independent bookstores including Nonesuch Books & Cards at Biddeford Crossing.