

Spotlight on Influential Women: Lisa Loop – Renowned Novelist and Powerful Literary Voice

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Transforming Stories, Empowering
Voices, and Redefining Resilience

Featured in Influential Women 2025, Lisa Loop is a novelist, poet, and essayist whose work explores the intersection of memory, identity, and the human condition. With an MFA in Creative Writing from the University of California, Riverside, Lisa brings cinematic detail and emotional resonance to her storytelling, drawing on her background in film and creative coaching to craft work that is both compelling and deeply human. Her writing has appeared in outlets including NBC.com/THINK, The Coachella Review, Ballast, and Gunpowder Press. She is the author of five books, most recently *States of Matter*, and has also published under the pen name Thora Wolf.



Before devoting herself fully to writing, Lisa built a successful career as a Hollywood creative executive and story consultant, sharpening her expertise in narrative structure and character development. Today, she continues to share that knowledge not only through her own literary work but also as a Co-Active Life Coach. In this role, Lisa supports fellow creatives in unlocking their artistic potential and overcoming blocks to self-expression. She is also the founder of the Monday Morning Writing Workshop, a long-running nonprofit community dedicated to nurturing original voices and fostering creative growth.

Lisa attributes her success to cultivating a growth mindset and, above all, practicing self-compassion. By learning to meet her inner critic with kindness, she has gained the courage to

take risks, the resilience to recover from setbacks, and the freedom to move forward even during uncertainty. The best career advice she has ever received echoes this philosophy: "Give yourself the carrot, not the stick." For Lisa, sustainable motivation and creativity are built on encouragement rather than criticism.

To young women entering the publishing world, Lisa emphasizes openness and adaptability. "Be open to different methods of getting your voice out there," she advises, reminding them that the industry is constantly evolving and each writer's journey is unique. Though the marketplace can feel crowded, Lisa finds inspiration in readers' enduring passion for books, a reminder that stories continue to matter.

Grounded in values of authenticity and compassion, Lisa approaches both her writing and her life with clarity and integrity. Originally from Seattle, she now makes her home in Los Angeles with her husband and their elderly Aussie Shepherd mix. Beyond the page, Lisa enjoys traveling, hiking, and imagining whimsical backstories for the strangers she encounters, bringing creativity into every corner of her life.

Learn More about Lisa Loop:

Through her Influential Women profile, <https://influentialwomen.com/connect/annal-loop> or through her website, <https://www.lisaloop.com/>

Influential Women

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