

# Hannah Eko



**Author of Honey is the Knife & Creator of Honeyknife, LLC.**

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**HANNAH EKO** is an inside-out writer, storyteller, and teacher bridging inner experience to universal truth. She believes healing self and community is both sublime opportunity and necessary journey.

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**Writer**  
**Teaching Artist**  
**Developmental Editor**

**Pleasure Justice**  
**Restorative Practices**  
**Divine Feminine Analysis**

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Embodying a Pro-Human approach and dedication to service, Hannah's career has centered on protecting and extolling the power of the most vulnerable.

Through her writing, Hannah transmutes her life's knowledge into soulful wisdom. She has been awarded the Advancing Black Arts Grant and attended the Osun Festival in Nigeria through a Nationality Scholarship. Her work has been featured in *Bust Magazine*, *Bitch Magazine*, *Aster(ix) Journal*, *Medium*, *Buzzfeed*, *make/shift magazine*, and anthologized in *Dear Black Girls: Letters from Your Sisters on Stepping into Your Power*.

In the U.S Coast Guard, Hannah worked to reinstate education partnership programs, drafted maritime law, and served as a waterway safety mediator and a sexual assault victim's advocate. In her 5 years as a writing instructor at the University of Pittsburgh, she exposed 150+ students to new and diverse voices and guided them to their own creative truth. Her teaching is bold, compassionate, unapologetic, and informed by both intensive study and lived experience. She knows that:

***"Honey is the Knife: that pleasure, connection, and paradox is how we become fully human."***

Hannah's work is informed by cross-disciplinary education and training spanning the Sensual & Intellectual, the Communal & the Individual, Thea-logy & Agnosticism, Higher Education & the Burlesque Backstage:

*Trained with storytellers like Adam Wade, Brown Girls Burlesque, and Viva Valezz, founder of FIERCE!*

*Mentored by the writers Fiona Cheong, Yona Harvey, Peter Trachtenberg, and Angie Cruz.*

*Immersives with People's Institute for Survival & Beyond, Prototype, V-Wise, the Moth, & Steel City Improv*

*Trained under premiere anti-racist yoga leader Felicia Savage Friedman*

*Obtained Master's degrees in Community and Economic Development through Penn State University and Fiction Writing through the University of Pittsburgh*

*Obtained a Bachelor's in Logistics & Intermodal Transportation through the US Merchant Marine Academy*

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