

The Simple Guide to Journal Writing (Paperback)



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Reviews

Very beneficial to all category of folks. I really could comprehend every little thing out of this created e publication. I found out this book from my dad and i encouraged this ebook to discover.

(Maia O'Hara)

THE SIMPLE GUIDE TO JOURNAL WRITING (PAPERBACK)



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On Demand Instruction, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Journal Writing for Self-Care and Mindfulness Today, people are more overburdened than ever before. Political tensions, climate change, and economic instability create the perfect storm for a stressed-out society. Multiple research studies over the past decade demonstrate that journal writing can relieve symptoms related to depression and anxiety. The Simple Guide to Journal Writing contains guidance on how to establish a successful personal writing practice. Once a writer begins to journal, the process of healing can begin. By journaling, writers can reconnect with their personal values, establish plans for achieving their goals, and unburden themselves of their stressors on the page. As writers journal, they change their focus from the mundane and challenging to the curious and creative. Journal writing has supported people from age 5 to 105. It does not require a high-level vocabulary, extraordinary talent, or a genius IQ. It only requires paper, a pen, and a little time. Though not a magic pill that will cure all ailments, journal writing can help in relieving stress and improve a sense of wellbeing to those searching for a sense of calm. The Simple Guide to Journal Writing captures articles from that provide guidance on how anyone can begin journaling today. Fill your paper with the breathings of your heart. - William Wordsworth.



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