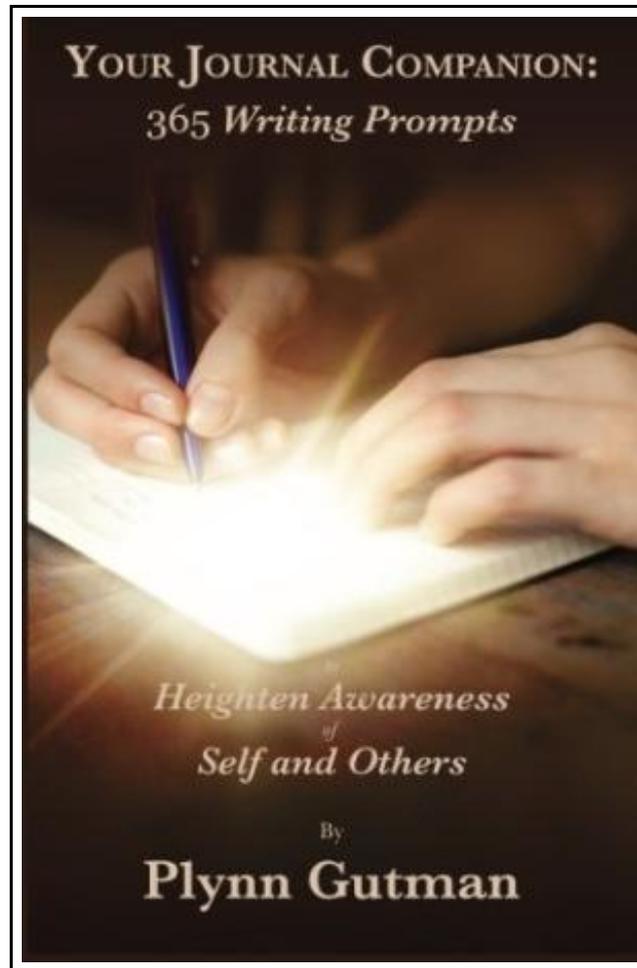


Your Journal Companion: 365 Writing Prompts to Heighten Awareness of Self and Others (Paperback)



Filesize: 8.05 MB

Reviews

This written publication is fantastic. This can be for anyone who stante that there had not been a well worth reading through. I realized this pdf from my i and dad recommended this publication to discover.

(Maye Schoen)

YOUR JOURNAL COMPANION: 365 WRITING PROMPTS TO HEIGHTEN AWARENESS OF SELF AND OTHERS (PAPERBACK)



Plynn Gutman, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.The journaling process made easy with an entire year s worth of thought provoking writing prompts, appropriate for use by teens through seniors. From the heart of her own 25-year journaling practice, the author attests that developing a daily writing habit can inform and transform one s life by increasing inner knowledge and outer awareness. The author begins by deftly explaining the emotional and physiological benefits of personal writing and offers tips on how, where and when to start the process. She acknowledges the challenges and insecurities many feel about writing but encourages the ability to do so without restraint by introducing several, easy yet powerful techniques, which she has used with students and clients over the last twelve years. A perfect book for anyone who as ever considered taking up journaling but didn t know how to begin, or for those who like to journal but sometimes have trouble getting started. These 365 engaging prompts also offer teachers, counselors, coaches and group leaders from all walks of life a guide to help people engage in broadening awareness of self, relationships, health, work and creativity, and offer the opportunity to develop greater emotional intelligence. Professional writers may find the prompts helpful to segue into the creative process, as well.

 [Read Your Journal Companion: 365 Writing Prompts to Heighten Awareness of Self and Others \(Paperback\) Online](#)

 [Download PDF Your Journal Companion: 365 Writing Prompts to Heighten Awareness of Self and Others \(Paperback\)](#)

Other Books



The Range Dwellers (Paperback)

1st World Library, United States, 2005. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Purchase one of 1st World Library s Classic Books and help...

[Read Book »](#)



The Poor Man and His Princess (Paperback)

Mark Martinez, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.The Poor Man and His Princess is a children s short story...

[Read Book »](#)



The Stories Mother Nature Told Her Children (Paperback)

1st World Library, United States, 2005. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Purchase one of 1st World Library s Classic Books and help...

[Read Book »](#)



Coralie (Paperback)

1st World Library, United States, 2005. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Purchase one of 1st World Library s Classic Books and help...

[Read Book »](#)



Finally Free (Paperback)

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Its been four years since Malakais death, and Kinara couldnt...

[Read Book »](#)