



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

By Plyn Gutman

Plyn 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...



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