

Power of writing

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Writing to heal

Private practitioner Marlo, for example, employs writing cautiously--using it only with patients who take to it, and closely integrating it into the therapeutic process.

Writing as Therapy The Healing Power of Writing

The funny thing is, when I started telling people about my book, more people were interested in how I got my book published than they were about my book. .

The Power of Writing

This enabled people to better deal with the trauma they were writing about. In the study, led by Smyth, 107 asthma and rheumatoid arthritis patients wrote for 20 minutes on each of three consecutive days--71 of them about the most stressful event of their lives and the rest about the emotionally neutral subject of their daily plans.

Writing to heal

The written word has enabled people to record events, pass down traditions and has aided us in developing complex reasoning. Your scribbles can be both raw in concept and structured in words--a powerful combination. I love how you write.

The Power of Writing: 3 Types of Therapeutic Writing

In fact, it's easier to get published now than it's ever been before. Why the hell do I bother to get out of bed? Use of this website is conditional upon your acceptance of our User Agreement. New York: Henry Holt, 1995.

The Power of Writing: 3 Types of Therapeutic Writing

They understand the power of narrative, which can be used to spread a message, cultivate emotional connections, and control a story in the

cultural landscape; in fact, narratives shape culture.

Writing as Therapy The Healing Power of Writing

And not all people will work through that distress therapeutically or through continued writing, says psychologist Helen Marlo, PhD, of Notre Dame de Namur University and a private practitioner in Burlingame, Calif.

The Power of Writing

Writing to empower And, of course, writing can empower you. Other studies confirmed the benefits of a good book: reading could reduce cognitive decline, encourage empathy, decrease stress, stave off dementia, boost happiness, and reduce some of the symptoms of depression. Sullivan suggested writing your poetry in a very small notebook, on the bus or train.

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