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## Journaling Power: How to Create the Happy, Healthy, Life You Want to Live (Paperback)

By Mari L McCarthy

CreateWriteNow, United States, 2018. Paperback. Condition: New. Language: English. Brand new Book. 2018 COVR Visionary Health and Healing Award Winner" Journaling Power is a candid, beautifully-written self-help book, filled with warmth, wit and wisdom." Dennis Palumbo, psychotherapist and author, Writing From the Inside Out" Remarkable, riveting and transformative." Peggy McColl, New York Times best-selling author Journaling Power teaches you how to put the ultimate self-healing tool right at your fingertips--journaling. You'll discover how daily pen-to-paper journal writing leads to self-growth and life-changing transformation. You'll also learn that numerous scientific medical studies prove journaling unleashes a healing agent that empowers your life in ways you've never imagined. Mari L. McCarthy shares her own personal story of health and healing and provides step-by-step guidance on how to use your own Journaling Power Practice to: Reduce physical pain and overcome illness Heal emotional wounds from past traumas Resolve inner conflicts and create self-compassion Conquer limiting beliefs and fears Reconnect with your inner healer Reduce stress and find inspiration Set realistic goals--and discover the motivation to make them happen Create the happiest, healthiest life for your Self. With Journaling Power, you'll use the transformative power of expressive writing and therapeutic journaling to heal from stressful life events like...



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