



Writing Your Authentic Self

By Lois Guarino

Bantam Doubleday Dell Publishing Group Inc, United States, 1999. Paperback. Book Condition: New. 233 x 187 mm. Language: English . Brand New Book. How to use a journal to communicate with your deepest self Step-by-step advice on keeping every type of journal—from a personal diary to a dream chronicle Simple exercises that bring out the poet /journalist/profiler/narrator in everyone The Omega Institute, the nation s largest holistic education and retreat center, has helped tens of thousands of people in their search for well-being, personal growth, and spiritual development through its world-renowned workshops and retreats. Now the experts at the Omega Institute share their wisdom with you in a unique series of books that provide the guidance, the inspiration, and the skills you need to bring increased meaning and vitality into your life. . . . Scripting a record of your internal life consistently and over a period of time allows you to give voice to your subconscious, commit otherwise fleeting thoughts to paper, and liberate your dreams. But where does a nonwriter begin? Writing Your Authentic Self is the beginner s guide to crafting an intimate, enlightening, and, most of all, genuine memoir. Whether your interests are spiritual, artistic, or...



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