

*Opening Up The Healing Power Of Expressing Emotions James W  
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James W. Pennebaker, Ph.D., in his book, Opening Up, The Healing Power of Expressing Emotion, describes a study of unemployed men. The men who wrote about losing their jobs found new jobs much more quickly than the two control groups. Writing helped them vent anger, hurt and pain about their job loss.

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James W. Pennebaker is the Regents Centennial Chair of Psychology and the Executive Director of Project 2021 at the University of Texas at Austin. He and his students are exploring the links between emotional experiences, natural language, and physical and mental health.

### **James W. Pennebaker**

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