



Writing to Heal Change your life through journaling and stories Pathway to self

By Jacqui Malpass

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 222 pages. Dimensions: 8.9in. x 6.0in. x 0.7in. Writing in a journal can send you off in a million different directions. Writing to Heal takes you on a journey that asks you to first pick up your pen and write. To then reflect on what you have written and rewrite it with positive intention, so that you change the story. This book guides you from starting to journal, through reflective practice and on into creative life writing. Writing stories is a fantastic way for anyone who is interested in making changes to their lives, to be in control of what happens next and to let the healing begin. When you start to use stories to change the way you think, your perspective changes. My dream is that this book inspires you to write and to consider writing your life story or memoir. Its easy to read, pick up and flick through, one of those bedside books to dip into when you are pondering what to write. Just wanted to let you know that I started reading your book this morning and was instantly hooked. I found a book...



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