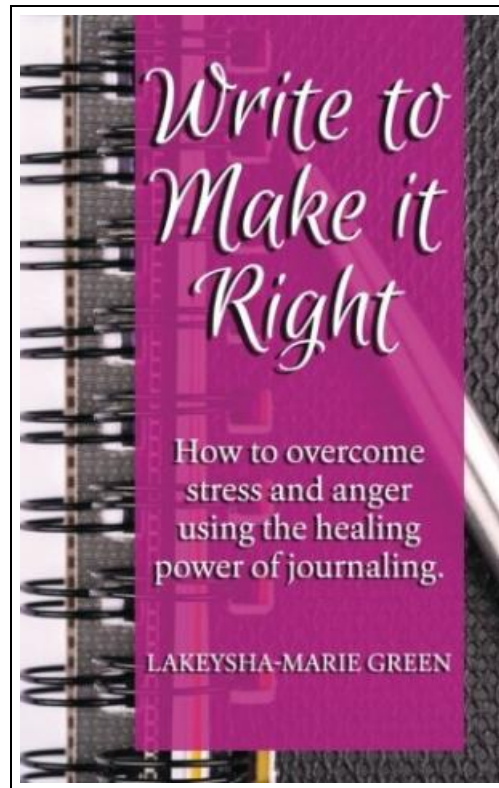


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WRITE TO MAKE IT RIGHT: HOW TO OVERCOME STRESS AND ANGER USING THE HEALING POWER OF JOURNALING



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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Write To Make It Right: How to Overcome Stress And Anger Using The Healing Power Of JournalingWhat personal discipline do many of the world s greatest leaders of the past and present have in common? It is the practice of writing a daily journal, not just about the events around them, but the inner workings of their hearts and minds!For many centuries, great authors and statesmen have kept journals. Modern therapists often require their patients to keep a written journal as a part of their healing and recovery. So what s so special about keeping a journal? What s the difference between a diary kept by a teenaged girl and a journal kept by her mother? You can almost answer that yourself. The young girl will focus on what s going on around her with hardly a comment about what s happening inside. A more mature person brings it together and is able to reflect deeply on how they feel. Keeping a journal is a skill and an art that you can learn. It will give you some tremendous benefits. This book will walk you through the process of learning how to make the most of life through use of your own journal.In Write to make it right, you will learn: Eight benefits of journaling - everything from reducing anxiety to goal-settingWhy journaling heals and leads to personal growthHow journaling relieves stressSome tips on how to personalize your journalPrompts to point out the wide variety in what you can and should include in your journalWhen to sit down and write your journalFive practical tips to motivate and guide your first steps in journaling.The author, Lakeysa-Marie Green, has made...



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