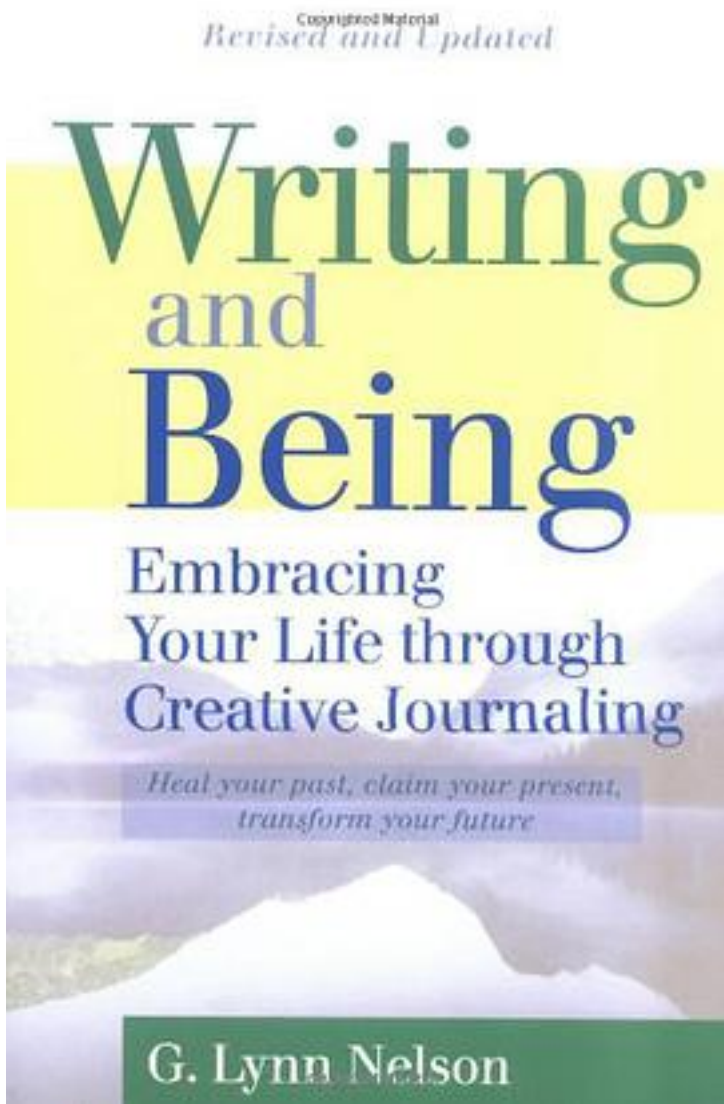


Writing and Being



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出版者:New World Library

出版时间:2004-8

装帧:平装

isbn:9781880913611

With powerful, practical step-by-step writing exercises, a wealth of examples, and stories of personal transformation through journaling, Writing and Being demonstrates that intentional, guided journaling is a profound way to discover one's authentic self. Beyond mere diary writing, these creative journaling methods help readers chart a path for a better future. The book begins by providing tips for the logistics of journal keeping, and includes suggestions for getting started. It then explores the entire writing process and explains the distinctions between private writing and public writing. The book also explains the biology behind the powerful experience of journaling by laying out recent discoveries about the human brain, showing how journaling can heal psychological and spiritual wounds. Finally, the author shows how to make journaling both a voyage of self-discovery and a means of sharing one's journey and inspiring others in a caring community of expanding love, support, and positive energy.

作者介绍:

目录:

[Writing and Being_ 下载链接1](#)

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