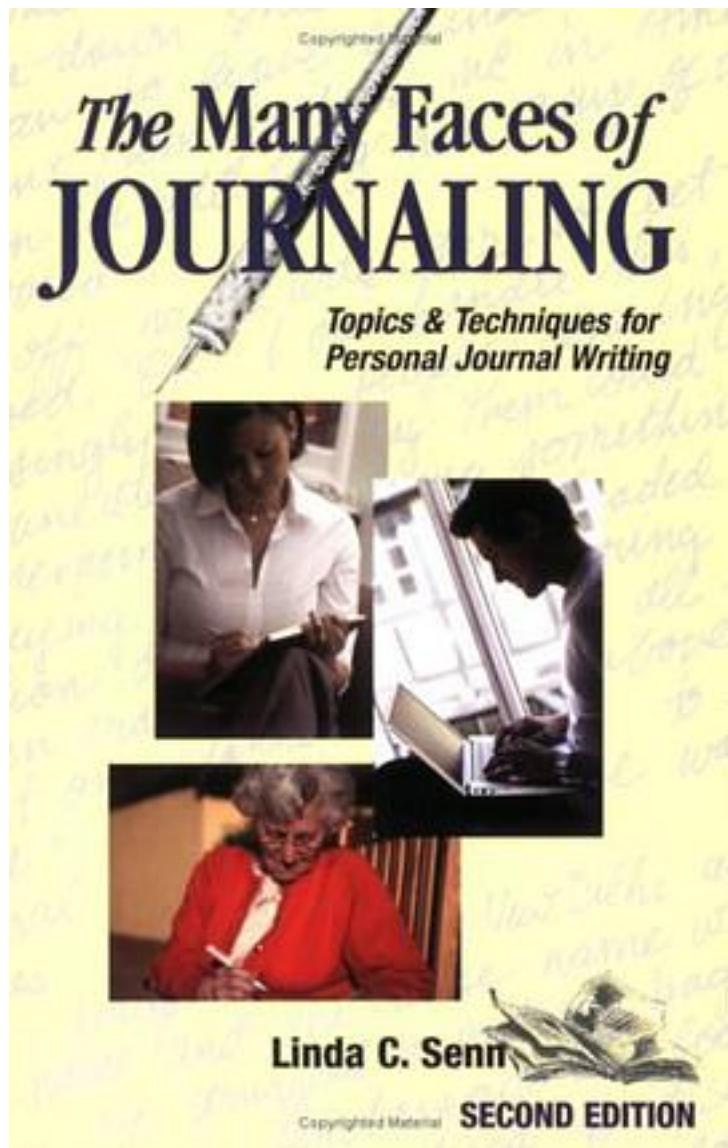


The Many Faces of Journaling



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著者:Senn, Linda C.

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This book opens with a chapter on the history of journaling with sample entries by such notables as Walt Whitman and Anne Frank. It then moves on to 12 topic chapters, such as therapeutic-cathartic writing, recording personal goals and growth, and developing your creativity. This second edition of *The Many Faces of Journaling* includes two chapters: "Scrapbook Journaling" and "Environmental Journaling," each of which is a hot topic among today's media and hobbyists. Chapters 2 - "Personal Growth & Goals," 3 - "Therapeutic Journaling," and 4 - "Upbeat Journaling" all deal with aspects of personal development. Chapters 5 - "Creativity Journaling" and 6 - "Scrapbook Journaling" are more playful. The next chapters 7 - "Journaling for the Next Generation," 8 - "Historic Perspective," and 9 - "Environmental Journaling" teach the reader effective ways to record past and current events from a personal perspective for future readers. Chapters 10 - "Nature Journaling," 11 - "Dream Journaling," and 12 - "Travel Journaling" demonstrate different methods for writing in depth about each topic. And in chapter 13 - "Chronological Journaling," Senn explains how to use a daily journal for current and future reference, including such nitty gritty facts as the date on which your car gets an oil change and when you got your last tetanus shot. In each chapter, the author describes the benefits and assorted methods of writing for each topic, shows the readers how to spice up their journal entries, and includes over 130 examples throughout the book. The "Creating Fascinating Family Memoirs" appendix provides a step-by-step plan for writing a family history, one person at a time. The simple family tree creates a framework from which to begin making detailed notes. The author then shows how to add life and flavour to each family member's description complete with examples.

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