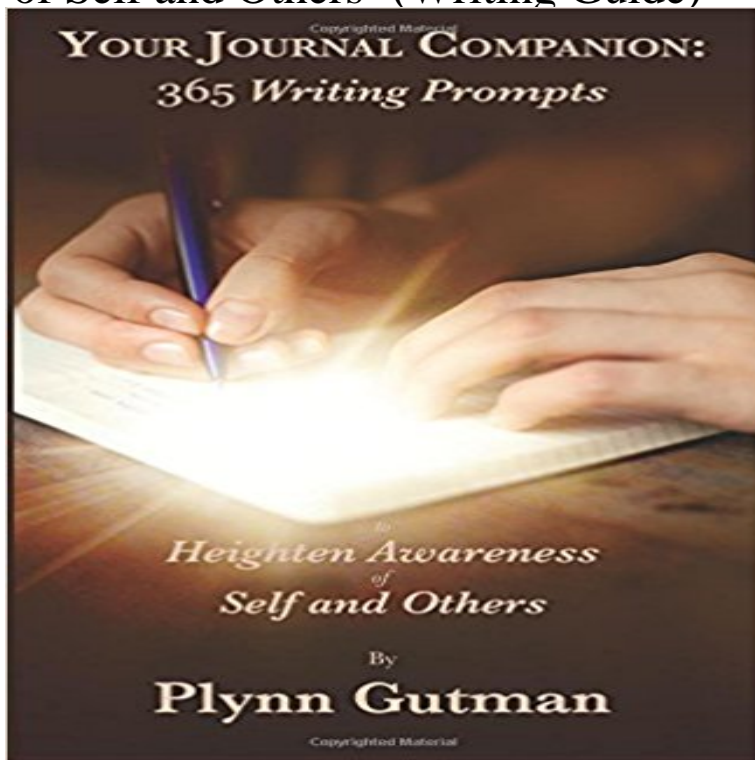


## Your Journal Companion: 365 Writing Prompts to Heighten Awareness of Self and Others- (Writing Guide)



The journaling process made easy with an entire years worth of thought provoking writing prompts, appropriate for use by teens through seniors. From the heart of her own 25-year journaling practice, the author attests that developing a daily writing habit can inform and transform ones life by increasing inner knowledge and outer awareness. The author begins by deftly explaining the emotional and physiological benefits of personal writing and offers tips on how, where and when to start the process. She acknowledges the challenges and insecurities many feel about writing but encourages the ability to do so without restraint by introducing several, easy yet powerful techniques, which she has used with students and clients over the last twelve years. A perfect book for anyone who as ever considered taking up journaling but didnt know how to begin, or for those who like to journal but sometimes have trouble getting started. These 365 engaging prompts also offer teachers, counselors, coaches and group leaders from all walks of life a guide to help people engage in broadening awareness of self, relationships, health, work and creativity, and offer the opportunity to develop greater emotional intelligence. Professional writers may find the prompts helpful to segue into the creative process, as well.

NEWAGEOFTRUTH There's been too many lies and not enough truth stay updated via rss MY NEW PLAYLIST Why are some looking forward to the end of days? Posted: July 26, 2016 in Cheating, Education, Evil, Politics, Religion, Social Issues Tags: Armageddon, bible, Christianity, Conspiracy theory, Prophecy, Y2K 0 end of days Some temptations are just to good to pass up. My curiosity got the best of me the other day and I gave in by watching one of those "End of the World" conspiracies videos. This time around the date is set for July 29, 2016. So in three days the biblical prophecies will come true and we will be swallowed up by hell fire while the others who are "saved" will rejoice in the heavens.

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