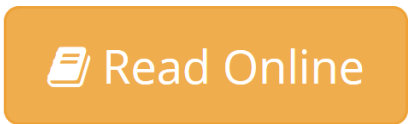


Journaling For Joy: Writing Your Way to Personal Growth and Freedom

By Joyce Chapman





Journaling For Joy: Writing Your Way to Personal Growth and Freedom By Joyce Chapman

Journaling for Joy enables you to take a close look at who you are and what you want. In an original approach to journaling, Joyce Chapman guides you to write from your heart and soul with the aim of arriving at joy - the joy that comes from knowing yourself as an intimate friend and living the life you have created out of conscious choice. The innovative techniques in Journaling for Joy will show you how to:

- * Capture the meaning and joy in your daily life.
- * Discover your patterns and ways to change them.
- * Understand your relationships with others.
- * Access the wisdom and creativity of your imagination.
- * Awaken the writer's voice within you.
- * Actualize your dreams and visions.

*Journaling for Joy is filled with over 200 dynamic journaling techniques

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Editorial Review

From Kirkus Reviews

Chapman offers a self-help book that aims to help readers find inner peace and joy through journaling.

In this modern age, much of what people write on a day-to-day basis consists of short, dashed-off, mundane texts and emails in truncated writing styles. But journaling, as promoted by the author, encourages a wholly different kind of communication with loved ones—and with oneself. Chapman does a fine job outlining ways that journaling techniques can help one achieve personal goals. In well-organized chapters, she shows how they can be used for problem-solving, self-healing, tapping into the subconscious, aiding dream analysis, and as inspiration to pursue one's dreams. In addition, journaling can be used to help writers gain focus and clarity about what they want to communicate to others—whether in a letter to heal a troubled relationship or in an expression of love and appreciation to a friend or family member. “Even when you are living in the same house with someone, you may communicate differently in a letter than you would in person,” Chapman explains. In addition, she offers a variety of writing prompts that may help release writers' aspirations or reveal unconscious emotions. The author also discusses the process of journaling in a group setting and her own first experience with it: “Each writer's work was touched and shaped by the work of others....Each person's learning was every person's learning.” Chapman's tone is reassuring and motivating, and even the most timid, inexperienced writers will likely be inspired. A lovely guide to using journaling as a tool for self-awareness and self-expression.

About the Author

Joyce Chapman---dreamer, teacher, coach, speaker and author—has been involved in education and motivational training for over fifty years. Thousands of people have achieved remarkable results through utilizing the structured techniques created in the breakthrough intensive programs in the books, *Live Your Dream*, *The Live Your Dream Workbook*, *Journaling For Joy*, *Journaling For Joy: The Workbook*, *Celebrate Your Dream*, *Celebrate Your Dream: The Workbook*, and her *Notice: The Art of Observation* series.

Users Review

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Clarence Bowen:

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