



Creative Journal Writing: The Art and Heart of Reflection

Stephanie Dowrick

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Winner of the COVR Award for Book of the Year (2007)

From the #1 creativity publisher in the country comes our latest creativity bestseller—*Creative Journal Writing*—the ultimate book for those who are looking to use this powerful tool to heal, expand, and transform their lives.

In this exceptionally positive and encouraging book, Stephanie Dowrick frees the journal writer she believes is in virtually everyone, showing through stories and examples that a genuine sense of possibility can be revived on every page.

Creative journal writing goes way beyond just recording events on paper. It can be the companion that supports but doesn't judge, a place of unparalleled discovery, and a creative playground where the everyday rules no longer count. Proven benefits of journal writing include reduced stress and anxiety, increased self-awareness, sharpened mental skills, genuine psychological insight, creative inspiration and motivation, strengthened ability to cope during difficult times, and overall physical and emotional well-being.

Combining a rich choice of ideas with wonderful stories, quotes, and her refreshingly intimate thoughts gained through a lifetime of writing, Dowrick's insights and confidence make journal writing irresistible—and your own life more enchanting. Included in *Creative Journal Writing* are:

u stories of how people have used journal writing to transform their lives;

- inspirational instructions, guidelines, and quotes;
- key principles, practical suggestions, and helpful hints;
- 125 starter topics, designed to help even the most reluctant journal writer;
- more than forty powerful exercises;
- and much more!

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