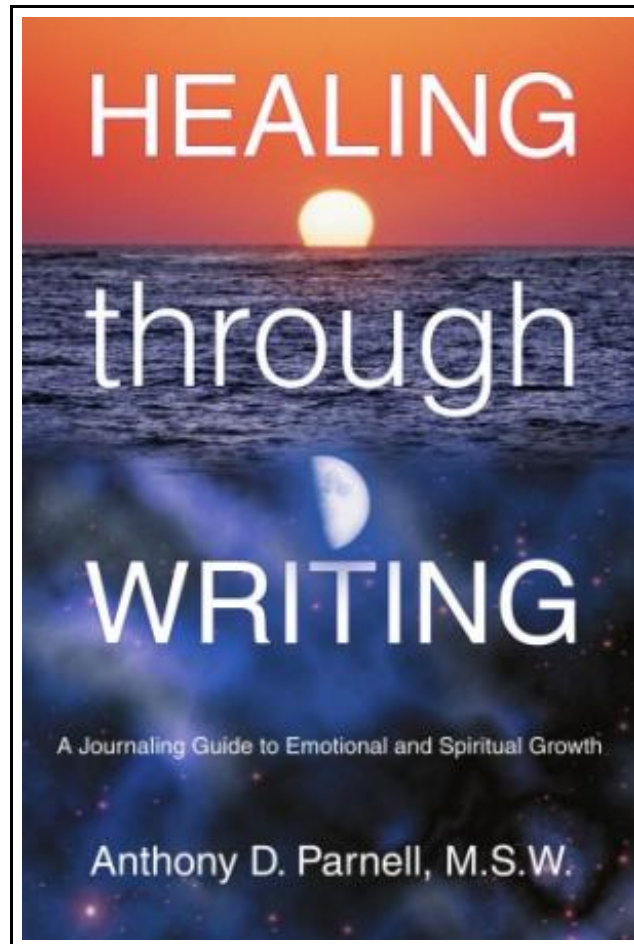


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HEALING THROUGH WRITING: A JOURNALING GUIDE TO EMOTIONAL AND SPIRITUAL GROWTH



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iUniverse, United States, 2005. Paperback. Book Condition: New. 223 x 147 mm. Language: English . Brand New Book ***** Print on Demand *****. In my more than 30 years of clinical practice, I have worked directly with child and adult patients suffering from a wide range of mental and emotional challenges. Healing through Writing embodies the basic principles of empowering clients to help themselves through self-exploration and writing as a form of creative expression. --George Mallory, M.D. Associate Clinical Professor, Dept. of Psychiatry, UCLA, Pasadena, CA Author Anthony D. Parnell, M.S.W. shows you how daily journaling can transform inner turmoil into peaceful, balanced existence. Parnell developed his techniques through ten years of experience as a mental health therapist and social worker, as well as through personal knowledge in coping with the daily challenges of life. Healing through Writing is designed for those interested in: Finding ways to more effectively manage stress Learning about the spiritual and emotional benefits of keeping a daily journal Improving your ability to express your thoughts and emotions through writing Healing through Writing is an excellent tool for mental health professionals, recovering substance abusers, those suffering from mental illness, those grieving the loss of a loved one, or those coping with major life transitions.

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