



Writing to Heal: A guided journal for recovering from trauma & emotional upheaval

James W. Pennebaker

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The simple act of expressing your thoughts and feelings about emotionally challenging experiences on paper is proven to speed your recovery and improve your mental and physical health. This book, written by one of America's most distinguished research psychologists, guides you through a brief, powerful series of directed writing exercises you can do right in the book. Each will leave you with a stronger sense of value in the world and the ability to accept that that life can be good - even when it is sometimes bad.

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