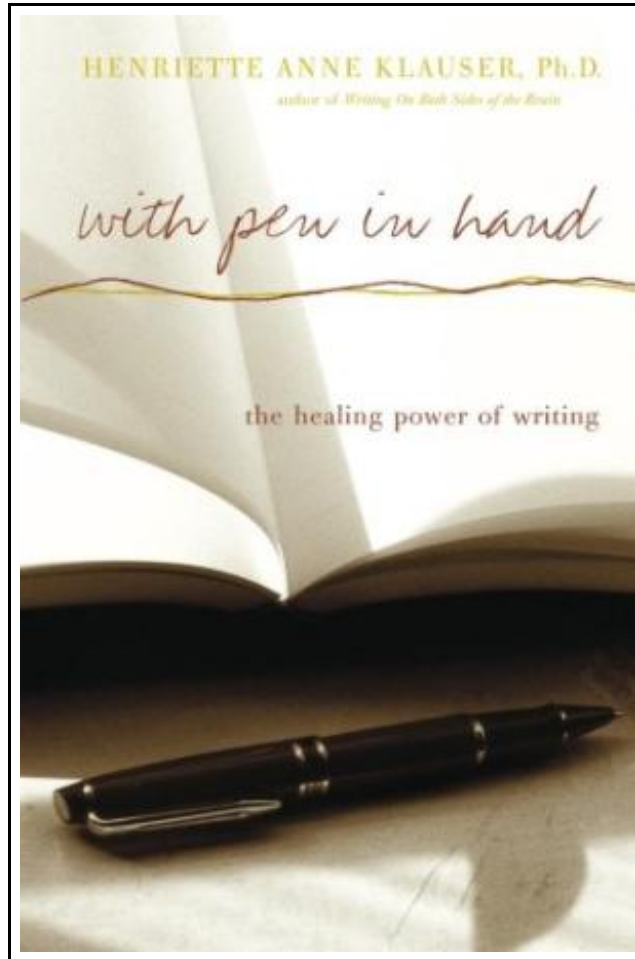


With Pen in Hand: The Healing Power of Writing



Filesize: 2.07 MB

Reviews

It is an awesome book that we have possibly go through. It is actually writter in straightforward words and phrases and not confusing. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Tierra Kunde)

WITH PEN IN HAND: THE HEALING POWER OF WRITING



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Perseus Publishing. Paperback. Book Condition: New. Paperback. 262 pages. Dimensions: 9.0in. x 6.0in. x 0.8in. In moments of grief or loss, we often turn to the written word to say what cannot be said aloud. Indeed, directing sadness, rage, or confusion at the page can be tremendously cathartic and liberating. As we express our deepest feelings without reserve in poetry or prose, we feel the power of our words begin to draw out some of the pain in our hearts and replace it with hope. But fears about writing honestly and self-criticism can stand in the way of making use of this powerful therapeutic tool. With Pen in Hand is an inspirational and practical guide to breaking through these roadblocks and to helping one write to heal. Outlining writing techniques that are best for working through pain and for privately collecting raw emotions--Writing a Letter of Goodbye, Interviewing Your Body, Rapid-Writing, and more--Henriette Klauser shares stories and tips that will help readers gain comfort from what they commit to paper. For the accomplished writer and non-writer alike, With Pen in Hand will help one make use of the kind of expression that in the aftermath of a crisis or loss, can make one whole again. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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