



Heal Your Self with Writing

Catherine Ann Jones

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Our lives may be determined less by past events than by the way we remember them. How do we learn to listen more to the stories that heal? How do we put together the pieces of our past? How can we rewrite our life story so that pain becomes meaningful and actually promotes growth and transformation? Heal Your Self with Writing offers a step-by-step journey of discovery and re-visioning through focused journaling, a practice that can enable healing and empowerment. In this way, each reader is able to make meaning out of memory and put the past where it belongs — behind them.

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