



Writing Without Hurry: A Mindful, Meditative Approach to Journal Writing and Personal Transformation (Paperback)

By Kenneth Pryor

Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.A book about journaling mindfully and meditatively. Writing without Hurry is a how-to, self-help book for the serious journaler and anyone interested in growth and personal transformation. Effective journal writing is a meditation and a way to understand your own psychology. It is learning to reflect on your own situation and to make sense of the things that trouble you, and it is a way to find solutions for the serious problems you face. Journaling is one of the best tools for change, but those results only come when you write seriously and with a structured method. That is what I teach in Writing without Hurry. Most books on journal writing or keeping a personal diary encourage you to express your thoughts and emotions in a free form, no-holds-barred style, which is great for emotional expression, but not so good for solving problems in your life. This book is different. Its focus is on writing for psychological and emotional change, and it builds on psychological research about the ways the journaling experience can be used for self-understanding, internal transformation and...



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