

INTERNET & BOOKS & COURSES

Phrases commonly associated to Journaling practice:

‘Working privately at the inner levels of your self-consciousness,’

‘Journaling to access the power of the unconscious,’

‘Helps recognize patterns in your life’

‘Gains perspective and control of yourself.’

‘Understanding your own character, its strengths its weaknesses’

From www.tinybuddha.com:

“The more light you allow within you, the brighter the world you live in will be.”

Several books are worth looking at regarding journal writing.

‘Pain and Possibility’ by Gabrielle Rico

‘Following Your Path’ by Alexandra Dickerman

‘The Inner Child Workbook’ by Cathryn Taylor

Internet sites offering free and paid methods structured to enable your journaling.

www.intensivejournal.org

www.journalingsaves.com

www.penzu.com

Transcriptions: www.rev.com

Google: for any and all questions