

Writing to Heal

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I discovered Writing to Heal over 10 years ago. I used it then to get through a particularly rough time in my professional life. More recently, I took a course through the Therapeutic Writing Institute, and we used this book for part of our work. A few weeks ago, I did something stupid and have suffered some guilt, some grief, and some very real heartache. I pulled out Pennebaker and did the four days of writing. Writing to Heal book. Read 8 reviews from the world's largest community for readers. For the first time, a leading authority on expressive emotions ther... Start by marking "Writing to Heal: A Guided Journal for Recovering from Trauma & Emotional Upheaval" as Want to Read: Want to Read saving | Want to Read.