



# Creative Journal Writing: The Art and Heart of Reflection

*Stephanie Dowrick*

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**Creative Journal Writing: The Art and Heart of Reflection** Stephanie Dowrick  
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**From the #1 creativity publisher in the country comes our latest creativity bestseller—*Creative Journal Writing*—the ultimate book for those who are looking to use this powerful tool to heal, expand, and transform their lives.**

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Creative journal writing goes way beyond just recording events on paper. It can be the companion that supports but doesn't judge, a place of unparalleled discovery, and a creative playground where the everyday rules no longer count. Proven benefits of journal writing include reduced stress and anxiety, increased self-awareness, sharpened mental skills, genuine psychological insight, creative inspiration and motivation, strengthened ability to cope during difficult times, and overall physical and emotional well-being.

Combining a rich choice of ideas with wonderful stories, quotes, and her refreshingly intimate thoughts gained through a lifetime of writing, Dowrick's insights and confidence make journal writing irresistible—and your own life more enchanting. Included in *Creative Journal Writing* are:

u stories of how people have used journal writing to transform their lives;

- inspirational instructions, guidelines, and quotes;
- key principles, practical suggestions, and helpful hints;
- 125 starter topics, designed to help even the most reluctant journal writer;
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- and much more!

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