

Expressive Writing: Words that Heal

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Expressive Writing: Words that Heal provides research results, in layman's terms, which demonstrate how and when expressive writing can improve health. It explains why writing can often be more helpful than talking when dealing with trauma, and it prepares the reader for their writing experience. The book looks at the most serious issues and helps the reader process them. From the instructions: "Write about what keeps you awake at night. The emotional upheaval bothering you the most and keeping you awake at night is a good place to start writing."

Includes

A basic four-day, 20-minute daily writing session program

A six-week writing program using a different technique each week

Additional techniques for expressive writing

Instructions on how to analyze what was written

James Pennebaker, PhD, is the author of *The Secret Life of Pronouns*, *Opening Up*, and other books. He is the nationally recognized expert on the connection between writing and better health. Dr. Pennebaker's earlier books have been recommended by Booklist, Kirkus, Publishers Weekly, Slate, the Wall Street Journal, the New York Times Book Review.

John Evans is an Integrative Health Coach, founder of Wellness & Writing Connections and editor of the book *Wellness & Writing Connections* which provides research-based information about writing and wellness to professionals and lay people. "In a world where too many are living with the scars of emotional and physical trauma, *Expressive Writing: Words That Heal* offers the reader a powerful tool to heal physically, emotionally and spiritually." --Adam Perlman, MD, MPH, FACP, Executive Director, Duke Integrative Medicine

"James Pennebaker and John Evans are two preeminent thinkers in the writing-as-healing movement, and their collaboration is cause for rejoicing. The result is a bounteous harvest of self-paced, well-structured writing prompts and processes, nicely balanced between narrative storytelling and evocative insight-orientation." --Kathleen Adams, LPC, Director, Center of Journal Therapy, Inc.

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Other Books

Stress in the Modern World: Understanding Science and Society [2 volumes], An engaging exploration of the scientific theories and medical conditions relating to stress and an examination of case studies that suggest ways to manage, reduce, and prevent stress in everyday life. • Examines the impact of stress on both physical and psychological health and from both theoretical and practical perspectives • Provides broad, detailed coverage

that explains what stress is, the effects of stress, and effective—and ineffective—methods of coping with or reducing stress · Includes personal accounts from individuals who explain how a specific coping strategy worked for them, thereby providing suggestions of how readers may be able to improve the quality of their own lives

· Asserting yourself: A practical guide for positive change. ... Hands of light: A guide to healing through the human energy field (reissue ed.). ... The healing herbs : The ultimate guide to the curative power of nature's medicines."