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Through Your Own Words: 51 Writing Prompts for Healing and Self-Care

By Maisha Z Johnson

Inkblot Arts, United States, 2014. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****. Writing can be one of many powerful tools we have for surviving trauma and taking care of ourselves so we can continue to thrive. Through Your Own Words offers fifty-one dynamic prompts to help readers cultivate and grow a practice of writing for self-care. Author Maisha Z. Johnson is a writer, creative facilitator, and survivor of trauma with an MFA in Poetry. She pulls from her own experiences and her healing work with others to give you prompts that can lead to a greater awareness of the body and emotions, help you make sense of things, and foster reflection on your own best practices for self-care. Now, you can draw on your own knowledge as a guide for healing. Anyone, including beginning and experienced writers and writers of fiction, poetry, and personal journals, can build their capacity for creative self-expression with this book's straight-forward ideas for writing. Workshop participants who worked with these prompts said: Thoughtful prompts. smart, creative, and insightful. I feel so much openness about writing. Challenged me to explore, write even when I felt...



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