



## How Writing Can Get You Through Tough Times: No Experience Necessary

By Mj Hanley-Goff

Balboa Press, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. One of the most successful treatments for PTSD has been writing. --Andrew Komonchak, executive director, Purple Heart Hall of Honor, Inc., NY What if: - There was a place available 24/7 where you could figure out some of life's biggest challenges? - You could work through grief, anger, fear, and anxiety without judgment? - This place was as accessible as the top drawer of your favorite desk? There is such a place, and it's one of the best self-help tools available: it's known as journal-writing. In this book, you'll gain encouragement and enlightenment about the power of journal-writing from two beloved authors, and from those around the country and around the globe who've generously shared their journal-writing experiences. You can also start your own journal-writing practice right here in the pages of this book!.

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