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

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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Reviews

Very beneficial to all category of folks. We have study and that i am sure that i will planning to go through yet again again in the future. Its been printed in an extremely straightforward way in fact it is just soon after i finished reading this pdf where actually changed me, alter the way i really believe.

-- Emmett Mann

Comprehensive information! Its this sort of great go through. It really is rally interesting throgh studying time. I am just quickly can get a satisfaction of looking at a created pdf.

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