



# **49 Ways to Write Yourself Well - For Tablet Devices: The science and wisdom of writing and journaling (The 49 Ways to Well-being Series)**

*Jackee Holder*

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## **49 Ways to Write Yourself Well - For Tablet Devices: The science and wisdom of writing and journaling (The 49 Ways to Well-being Series) Jackee Holder**

With the rise of the digital age, writing as a form of inquiry and reflection is fast becoming a forgotten art. Written by an experienced executive coach and writer, this book is full of information and exercises to build and maintain a regular writing practice for enhancing well-being, as well as set up and maintain a journal. Contents include: Establishing a writing practice; Why writing by hand with pen and paper works; How to write for emotional balance; Using writing to manage difficult feelings and emotions; Therapeutic models and writing practices to challenge your thoughts and beliefs; How to gain new perspectives and solutions to work or personal challenges; Reframing relationships with self and others; Resources, references and glossary.

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