

**Writing For Emotional Balance: A Guided Journal To
Help You Manage Overwhelming Emotions By Beth
Jacobs PhD**

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About a year ago I read the book Writing for Emotional Balance. I was impressed. There are plenty of books about journal writing that I ve read, and sometimes, I

Writing for emotional balance

These are the kinds of experiences that Writing for Emotional Balance addresses and helps you manage:
~ You are flooded with feeling to the point of being

Writing for emotional balance: journaling to move

Think of how you have you handled some of life s tricky situations: your boss criticizing you in front of others; your spouse making unreasonable demands of you; or

Writing for emotional balance | tailoring your

I m wondering if you ever feel stuck in some aspect of your personal writing or if you want your writing to be more productive in contributing to your well-being.

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