

Journal It! your Write to Release™ through therapeutic journal writing. . .



. . . now available as an e-Course

Therapeutic Journal Writing is a scientifically proven, age-old art of putting pen to paper to **release**:

your demons

(what's holding you back)

your desires

(your talents, strengths, dreams and goals)

your Divinity

(your all-knowing inner voice of wisdom)

The program explores:

What therapeutic journal writing is

How to get started

What to write

How to succeed at tapping into your inner voice

Learn to:

Clutter clear your soul

Rid yourself of emotional sludge sabotaging your success

Recognize your inner voice & follow its wisdom

***It's private - It's cathartic - It's revealing
It's FUN !!***

Ask Yourself

Do you ever wrestle with:

- medical concerns
- emotional trauma
- partnership loss
- life changes
- financial struggles
- bereavement
- addictions
- frustrations
- uncertainty

Would you like to:

- improve your health
- reduce stress
- let go of pain
- discover your talents
- discover your Self
- promote clarity and creativity
- face your fears
- release your fears
- connect with your inner voice

Write to Release™ your Inner Voice
www.MyLittleShangri-La.com/write-to-release.html
or call 617-872-5268 for more information

To learn more about the Write to Release through Journal Writing program, to register for a class or schedule class to be held at your school, community center, business or privately,

Contact Christine McDonald
Writer & Therapeutic Journal Writing Instructor
www.MyLittleShangri-La.com