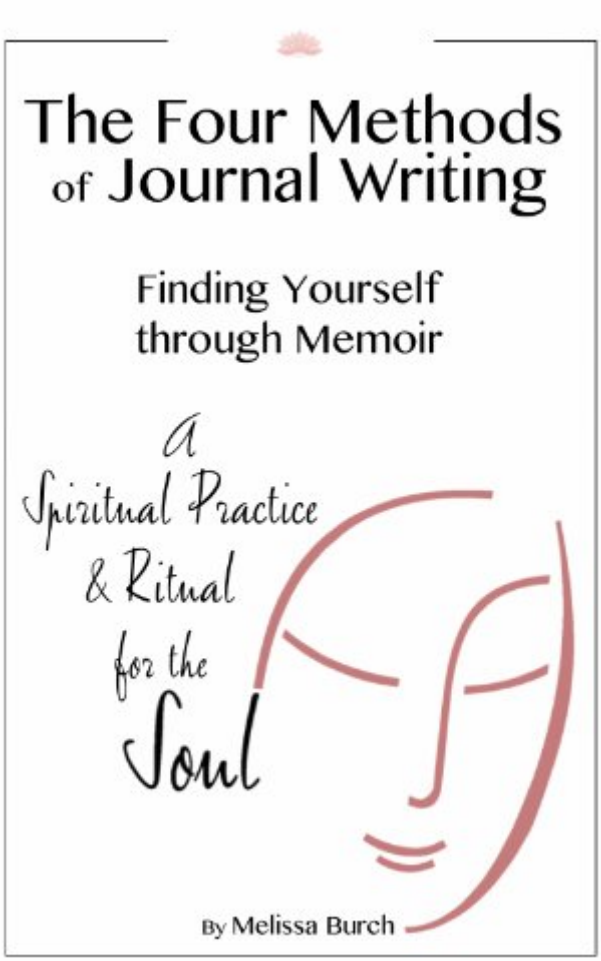
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The Four Methods Of Journal Writing: Finding Yourself Through Memoir



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Synopsis

Would you like to learn how to discover yourself through journal writing? Have you thought about writing a memoir, but donÃ¢â ¬â„¢t know where to begin? Do you have memorable life stories that youÃ¢â ¬â„¢d like to share with others? If so, youÃ¢â ¬â„¢ll benefit form the valuable journaling tools, writing advice and inspiration in this helpful guide. Using the ideas in The Four Methods of Journal Writing: Finding Yourself Through Memoir will reveal amazing insights from your wise inner self that will shift personal blocks so you will feel freer, more joyful and energized.Ã¢â ¬Â¨Ã¢â ¬Â¨Based on over thirty years of journal-keeping, fifteen years as a homeopath and teacher, and writing a memoir about her journalism days in Afghanistan in the 80s, Melissa Burch provides powerful tools for getting to know yourself better, healing difficult issues and writing your life story as a spiritual path of enrichment and purpose.Ã¢â ¬Â¨Discover what your soul wants you to know: strength, wisdom, creativity and wholesomeness. BurchÃ¢â ¬â„¢s journal-writing techniques will help you experience deep personal reflection, navigate life's transitions and nurture your creativity and personal growth.Ã¢â ¬Â¨Ã¢â ¬Â¨With powerful step-by-step journaling methods, samples of her own journal pages, and stories of personal transformation through journaling, Burch takes readers on an inspiring voyage of self-discovery. Journal writing:Ã¢â ¬Â¢supports you to process raw emotionsÃ¢â ¬Â¢helps you find your callingÃ¢â ¬Â¢reveals buried memories, wishes and dreamsÃ¢â ¬Â¢creates a safe space to explore and release your dark sideÃ¢â ¬Â¢nurtures your soul Ã¢â ¬Â¢connects you to Source.Finding yourself through memoir writing: Ã¢â ¬Â¢opens the possibility of new directionsÃ¢â ¬Â¢jumpstarts your creative selfÃ¢â ¬Â¢shows the major themes in your lifeÃ¢â ¬Â¢transforms your past experiencesÃ¢â ¬Â¢celebrates your uniqueness and valueÃ¢â ¬Â¢encourages you to be a role model and teacher for othersÃ¢â ¬Â¢organizes your history Ã¢â ¬Â¢enables you to write and publish your life story.

Book Information

File Size: 1658 KB

Print Length: 79 pages

Simultaneous Device Usage: Unlimited

Publisher: New Memoir Press; 2 edition (November 3, 2012)

Publication Date: November 3, 2012

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B00A1OQ1MQ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #113,268 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #27 inÃ Â Kindle Store > Kindle eBooks > Nonfiction > Self-Help > Journal Writing #28 inÃ Â Kindle Store > Kindle eBooks > Religion & Spirituality > New Age > Self-Help #35 inÃ Â Books > Religion & Spirituality > New Age & Spirituality > Self-Help

Customer Reviews

I have been interested in journalling for about 20 years now and have about 5 or 6 books to prove it. But have I done it? No. Why, because I don't seem to have the time to even read the books on 'how to'. Oh I start them, but usually give up after 25 pages of why journalling is so good. That is until now.I skeptically downloaded Ms. Burch's ebook and was pleasantly surprised at how easy it was to ingest - it is short, to the point and actually gives you ways to journal that won't take up your life - or at least 6-8 weeks of it. What I really liked were the simple steps, clearly laid out, for bursts of energy and intention that could be added on to later if desired. This truly is a do-it-yourself journalling - that you CAN DO.I waited to write this review until I had actually DONE one of the methods, to see if I could. I chose the first one, not only because of its ease, but because I rarely ever write down my 'shadow-bits' as a journalling exercise. I am fearful (an old experience) of someone getting hold of them and using this information against me. This was easy to do, not to mention informative, because part of Ms. Burch's method is to ritually destroy those pages after re-reading and noticing patterns...I am a firm believer in addressing your 'shadow' side and using it to form a better, more whole YOU.I am not interested in writing a memoir, but I am interested in exploring bits and pieces of my life and am looking forward to using the other methods (when I am so moved) to move on in this direction. So for me, this little gem WORKS.

I have kept journals for years, so I thought it might be interesting to gain some insights that might enhance my journaling experience. What I found was something I can use in another way. I am a pastor. One of the jobs of a pastor is often counseling. The biggest problem with counseling is that

they want to go see the pastor, have a meeting, get prayed for and be magically fixed. Or they want to come in endlessly without actually doing anything different, and expect me to fix them somehow. I could use this journaling technique as a dramatic supplement to counseling. It is powerful stuff.

As a "self help junkie", I had heard on repeated occassions how beneficial it is to journal. But none of the "gurus" really ever explained how to do it, or why to do it, or that there are different types of journaling, so I never really got into it. This book takes the topic and dives deep into the different ways of journaling, the goals, and how to avoid pitfalls like "I don't have time to journal". Really great ideas.

Melissa Burch has written a really comprehensive guide which is ideal for those who are intrigued about journal writing and the many benefits it can bring. In fact even the seasoned journal keeper can learn a lot from Melissa. I was amazed that such an extensive book was being offered at such a bargain price. I particularly enjoyed the fact that Melissa shared her private journals going back to when she was a child. Who better to learn from than an avid journal writer who has been doing it for decades?

This book is more for people who are brand new to jounaling. I think I will pass this book along.

This book is great for new journalers or to learn new techniques for journaling. I have been a journaler for a while, but there were definitely techniques that I wasn't familiar with in the book. One of the best features of the book was pictures directly from the author's journal through varying years and different styles. This was such a nice addition to the book.

The quickest way to touch your deepest core is through journal writing. Melissa's aim is to empower your possibilities of connecting to the oneness all around us and be informed to reach a higher level of consciousness.She gently guides us to cross the bridge towards acceptance of self, your creating self, spiritual self and accepting what is with love, joy and freedom.I love Melissa's style of writing, it's based on years of experience and she helps you to take time for yourself and discover your answers to life's big questions like why am I here?, what am I meant to be doing?, whom can I serve? The diagrams she includes help a lot.I can see clearly that if you follow Melissa's guide lines of Journal Writing, you will be able to make flow again things which are hidden or stuck in your life (like resistance and pain) and discover a way out and realize new opportunities you weren't able to

see before.I recommend this book if you're longing to take some time out for yourself in this busy hectic lifestyle we all lead today and connect all aspects of the self, the passions, joys and challenges as well as the more mundane aspects of your life.

I've written in journals since I was twelve and a half. When I was 15 and 16 I probably had three tiny hand printed lines inside of every printed line in my Snoopy diary. I was keeping track of so much at that point in my life. There were years when my sharing was much less complete. There were subjects I wrote in code. Through it all I found if I wrote long enough, a peace and guidance would come through to me.I love this book Melissa Burch has created, sharing her long years of journaling in and out of life and love's adventures and challenges. I appreciate the depth and quality of the four methods she picked up along the way that helped her quiet reflective hours become increasingly more transformative.There is a tone in Melissa's voice on the page which provides comforting guidance. This book is a book you give yourself or your loved ones who know so much is locked up inside, begging to come out. I wish I had this book when I was started out in the very first pink little diary with lock and key my folks gave me. There is so much more to say than who said something mean that day or which boy looked my way. When we are young there is so much we have to share from our souls and sometimes, when we age, we stop listening to ourselves as much and instead think others have the answers. This book is a true gift to give and receive, at any point in one's life journey.

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