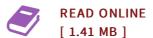




Writing Your Authentic Self (Paperback)

By Lois Guarino

Bantam Doubleday Dell Publishing Group Inc, United States, 1999. Paperback. Book Condition: New. 233 x 187 mm. Language: English . Brand New Book. How to use a journal to communicate with your deepest self Step-by-step advice on keeping every type of journal--from a personal diary to a dream chronicle Simple exercises that bring out the poet /journalist/profiler/narrator in everyone The Omega Institute, the nation's largest holistic education and retreat center, has helped tens of thousands of people in their search for wellbeing, personal growth, and spiritual development through its world-renowned workshops and retreats. Now the experts at the Omega Institute share their wisdom with you in a unique series of books that provide the guidance, the inspiration, and the skills you need to bring increased meaning and vitality into your life. . . . Scripting a record of your internal life consistently and over a period of time allows you to give voice to your subconscious, commit otherwise fleeting thoughts to paper, and liberate your dreams. But where does a nonwriter begin? Writing Your Authentic Self is the beginner s guide to crafting an intimate, enlightening, and, most of all, genuine memoir. Whether your interests are spiritual, artistic, or...



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