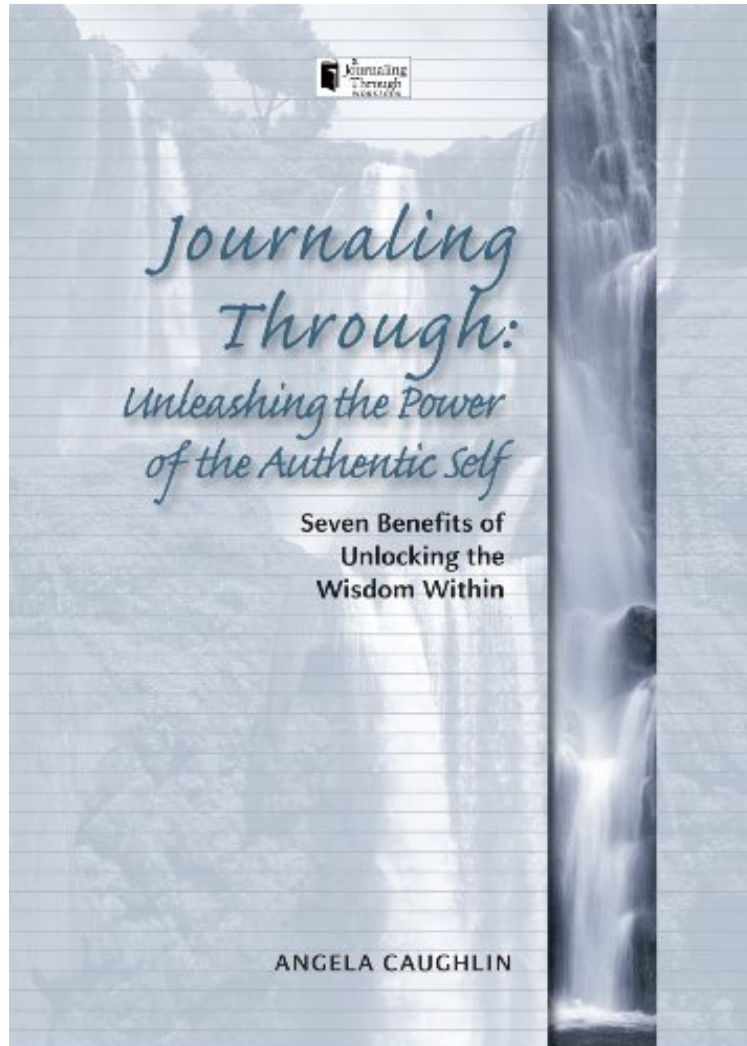


(Free pdf) Journaling Through: Unleashing the Power of the Authentic Self

## Journaling Through: Unleashing the Power of the Authentic Self

Angela Caughlin

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**Angela Caughlin : Journaling Through: Unleashing the Power of the Authentic Self** before purchasing it in order to gage whether or not it would be worth my time, and all praised Journaling Through: Unleashing the Power of the Authentic Self:

1 of 1 people found the following review helpful. Begin to JournalBy Margaret W. VinasExcellent source for beginning your journaling. Answers why it helps a person to write their thoughts down.2 of 2 people found the following review helpful. Practical inspirationBy lucy chambersAngela Caughlin's explanation about the power of journaling to create change in our lives is not only inspirational, but it's also useful and interesting. She combines the latest research on brain science--how we create thoughts and how our thoughts then create our life--with detailed examples of how to incorporate this practice in our lives and what the benefits are. This is a great read for writers, artists, anyone beginning a new creative project or anyone who is stuck in life and looking for a positive change. I

have used journaling to make every major change in my life, and thanks to Angela, I finally know why it works. She is a wise woman, and this is a very helpful book.

We have approximately 60,000 thoughts a day, many of which are repetitious. When we think a thought, we make a molecule. We have a thinking body. Thoughts are not only contained in our minds, but they are also carried throughout our cellular being by the chemicals they create. As our sensory system responds to certain memories over and over, we reinterpret ourselves according to those memories. As we journal we unearth and examine old beliefs and memories, allowing the fullness of the Seven Benefits of Journaling—health, awareness, connection, focus, creativity, authenticity, and vision—to gain expression. As we explore the questions associated with each benefit, we clear memory space, allowing our minds to create new thoughts, new neuro-peptides to be released throughout our bodies. History no longer repeats itself in our lives. Now in *Journaling Through*, Angela Caughlin brings these powerful forces for personal change together in one fascinating, helpful workbook. She combines tried-and-true journaling techniques with the wealth of recent information to help us understand the magnificent connections between the brain, the body, and our stories. Through these, individuals can envision, create and reach the personal and professional goals that are most suited to who they really are. *Journaling Through* gives readers practical methods to solve their problems and create the life of their dreams.