



Journaling Toward Wholeness: A 28-Day Plan to Develop a Journaling Practice

Molly Totoro

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How can journaling promote physical, spiritual and emotional healing?

While many people understand the benefits of journaling, they may struggle with the process. What is the best way to start?

28 Days to Develop a Journaling Practice helps overcome those initial obstacles.

The first half of the book provides a brief overview of the journaling practice: supplies needed, organizational tips and brainstorm techniques.

The second half of the book focuses on 28 daily prompts to help you develop a journaling practice. Each week focuses on one of four different aspects of journaling: daily thoughts, emotional feelings, spiritual connection and leaving a legacy. The writing prompt for each day explores a different journaling topic.

Find the guidance and encouragement to continue a journaling practice for weeks, months and years to come. Discover more of your authentic self as you learn there is no ONE right way to journal.

Journaling Toward Wholeness: A 28-Day Plan to Develop a Journaling Practice Details

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Janet Mary Cobb says

Molly has managed to pull together, in a concise and engaging manner, a comprehensive guide to journal writing. As someone who has journaled off and on for most of my life, this guide has offered new insights into how I can move beyond the simple brain dump diary to inspire personal reflection.

While it is an easy read for a general understanding of journaling, this 28-Day Plan might also become a lifetime companion.

If you are looking for a guide to writing that will lead to self-awareness, self-acceptance, and confidence -- this is the book for you!

Jonathan Adams says

Un diario es una forma tangible de transferir tus ideas a blanco y negro. Al hacerlo, la parte consciente de la mente materializa las ideas que rebotan constantemente en la cabeza y ayuda a aloclarlas en su lugar. Una vez teniéndolas en papel, el cerebro puede implementar una solución a los problemas actuales y crear ideas. La intención de un diario, es aprender de ti mismo, conocerte más y más cada día y expandirte mentalmente. Al final de cuentas un “diario” es el mejor libro que tú como persona podrás leer. Un libro corto y recomendable. En lo personal no me identifiqué con la parte espiritual que cubre el capítulo 6 de este libro, pero garantizo que al que esté inclinado por esta área le será de mayor utilidad.

RJ Thesman says

With the expertise of a writer who journals often, Molly Totoro excels in showing us how to Journal Toward Wholeness. Her practical applications and easy illustrations make me want to run out and buy a new journal. For the person who struggles with journaling or the pro who loves the process, Totoro's Journal Toward Wholeness is a must read.

Donna says

Fantastic Journaling Resource

This book is a fantastic resource for both seasoned and novice journalists! Molly Totoro gives many fantastic examples of different ways to journal and gives practical explanations of each style. She also covers the potential benefits of each style of journaling and how it can help in self-discovery and healing.

Another feature of this book that I enjoyed was the recommendations (along with pros and cons) on various journals and pen choices. That is a great addition for someone just starting out with journaling and trying to

decide what method would work best for them.

Brittany says

I enjoyed it! Put a journal in my purse to work on it

Debra Smouse says

Whether you are a seasoned or novice journal writer, Molly Totoro's 28 Day Plan to developing a journaling practice is a wealth of ideas.

As a life coach, I know that going to the page is one of the best ways to get to the core of who you are and what you most desire. I'm particularly excited to recommend this book to clients who aren't quite sure HOW to get started or like the idea of journaling but aren't quite sure how to approach it.

A gem for the library of any writer or someone invested in ongoing self-development.

Rachel says

I won this in a goodreads giveaway, Thanks! I found this book really helpful, I used to journal quite often but always ended up falling out of the practice. The daily prompts helped me get in the habit and explore many different journaling methods. It offered me a way to experiment have fun and learn what journaling techniques work well for me. It also helped explain how different journaling methods can promote self-discovery, emotional, & spiritual healing. Reading this book been very beneficial to my journaling practice. I'm excited to get back into it and use this book as a resource!

Deb (Readerbuzz) Nance says

Everything you need to know about journaling is here in this book. You won't waste another hour with excuses about why you aren't writing either: it's a short book. So read it and then get going. Time's a-wasting.
