

**Expressive Writing: Words That Heal By James  
Pennebaker;John Evans**

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## **Survive & thrive**

John Evans, MAT, MA, EdD, co of Expressive Writing: Words that Heal with James Pennebaker. workshop that will focus on writing to heal and will be of interest

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## **John evans | write4life**

Returning to JournalTalk is Dr. John Evans, founder of Wellness and Writing Expressive Writing in this field, Writing To Heal, by Dr. James Pennebaker.

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## **James pennebaker, john evans**

James Pennebaker, John Evans Expressive Writing: Words that Heal Publisher: Idyll Arbor (April 14, 2014) Language: English Pages: 208 ISBN: 978-1611580464

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## **Books: expressive writing: words that heal**

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In a 2005 study on the emotional and physical health benefits of expressive writing, James W. Pennebaker has been conducting research on writing to heal for years

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James Pennebaker s top tips for expressive writing. Ask yourself if you need to write. If you find yourself thinking about something too much, dreaming about it or

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