



Time to Write to Yourself

Dianne Sandland

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Time to Write to Yourself Dianne Sandland

Writing a journal helps you to understand the past, deal with the present and look forward to the future. This book conjoins Therapeutic Journaling, Cognitive Behaviour Therapy, and Rational Emotive Behaviour Therapy. These talking therapies have been used to form the basis for writing templates to help you to address your specific situation. The extraordinary value of this book is that you can bend its contents to meet you wherever you want to be. Even if you are new to the idea of journaling you will immediately find this process wonderfully rewarding. We tell you what you need and where to get it. Basically though, if you have a pen you can start right now to make life feel much better.

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