

Resource List

Expressive Writing: What's on Your Mind and In Your Heart

by John F. Evans

<https://www.psychologytoday.com/us/blog/write-yourself-well/201208/expressive-writing>

Writing for Wellness: Theory and Prompts

Writing to Awaken: A Journey of Truth, Transformation and Self-Discovery

by Mark Matousek

Theory, insights, tips and prompts for introspective writing about personal experience.

Let It Out: a journey through journaling

by Katie Dalebout

Guidebook with journaling exercises, prompts and techniques to help you find your purpose, heal yourself and create the life you desire.

Write Your Self Well..Journal Your Self to Health

by Ina Albert and Zoe Keithley

A writing workbook with a series of thought-provoking writing exercises intended to develop skills to be in touch with your spirit.

Opening Up by Writing it Down: How Expressive Writing Improves Health and Eases Emotional Pain

by James W. Pennebaker and Joshua M. Smyth

Theory, stories and examples of using writing to heal, with practical exercises to help you try expressive writing for yourself.

The Story You Need to Tell: Writing to Heal from Trauma, Illness or Loss

by Sandra Marinella

Theory, stories and examples of using writing to heal, including techniques, prompts and exercises.

Write Yourself Happy: The Art of Positive Writing

by Megan C. Hayes

A guide to using life-affirming emotions in a journal to support well-being through personal expression, creativity and goal-setting, including case studies and exercises to put well-being into words.

Mostly Prompts:

The Book of Me: A Creative Guide to Self-care

Michael O'Mara Books

The Joy of Now Journal: mindfulness in 5 minutes a day

by Paige Burkes

The Daily Zen: A Creative Companion for Beginner's Mind

by Charlie Ambler

The Nocturnal Journal: A Late Night Exploration of What's Really On Your Mind

by Lee Crutchley

How to Be Happy (Or at least less sad) A Creative Workbook

by Lee Crutchley

The Scribble Diary: My Brain Right Now

by Lisa Currie

The Well-Being Journal: Creative Activities to Inspire

Michael O'Mara Books

Choose Calm: A Journal for Healing Anxiety, Breathing In and Letting Go

by Nadia Hayes

Start Where You Are: A Journal for Self-Exploration

by Meera Lee Patel

Create Your Own Calm: A Journal for Quieting Anxiety by Meera Lee Patel

Made Out of Stars: A Journal for Self-Realization

by Meera Lee Patel

Connecting with Loneliness: A Guided Journal (Prompts to Discover Self Love, Build Connection and Embrace Joy)

by Jessie Everts

Writing to Heal Grief and Loss: Theory and Prompts

Writing to Recover

by Harriet Hodgson, BS, MA

Each page has a one sentence writing prompt to guide the writer in writing about many of the feelings and experiences of grief.

Writing to Heal the Soul: Transforming Grief and Loss Through Writing

by Susan Zimmerman

This guide includes writing about the experience of grief and healing, with several writing exercises offered throughout the book.

Expressive Writing for Healing: Journal Your Way from Grief to Hope

by Mary Potter Kenyon

This book is primarily filled with pages for journal entries that are peppered with quotes about grief and hope. Each chapter also contains a few pages of guidance - about journaling and about grieving - written by the author.

A Path Through Loss: A Guide to Writing Your Healing and Growth

by Nancy Reeves PhD

This guide has an abundance of information about grieving, with a focus on healing and growth. About half of the book is filled with guided journaling opportunities and space for writing.

Grief's Courageous Journey: A Workbook

by Sandi Caplan and Gordon Lang

Brief writings intended to help the writer understand grief and suggesting steps toward healing are interspersed with space to write based on prompts related to the theory being explained.

Progressing through Grief: Guided Exercises to Understand Your Emotions and Recover From Loss

by Stephanie Jose, LMHC, LCAT

Divided into three segments: Understanding Grief, Emotions and Reactions and Journaling Through Grief, this book offers theory as well as several sections for writing about the topics under consideration.

Braving the Fire: A Guide to Writing About Grief and Loss

by Jessica Handler

This text offers guidance and tips to help the writer remember, research and organize a memoir project when the subject is grief and loss.