

Rx FOR HEALTH & JOY AT ANY AGE

Dr. Sheppard B. Kominars: The Journal Doctor

Health professionals know about this technique that makes a difference to recovery from crises and chronic problems of pain management. It's time everyone learns how this Alternative Medicine approach improves both your health and the quality of your life.

Seven Benefits of Journal Writing

1. Reduce stress and improve your health
2. Manage long-term chronic pain
3. Enhance your self esteem
4. Connect with your inner wisdom
5. Manage crises better
6. Connect with others and end isolation
7. Have more fun in your life

"Just the sound of his voice is healing."



"Why, oh why, didn't someone walk up to me when I was twenty-five and hand me a book like this?"

—Frank McCourt

Start Your Healing Journey Today

Visit my website and sign up free for:

7 Tips for Reluctant Writers

JournalDoctor.com

Seven useful suggestions and ideas that will keep you writing. Explore the complete program of 15 journeys in *Write For Life: Healing Body, Mind And Spirit Through Journal Writing*. CD's available.

5 Research Findings You Should Know

- ◆ Writing about traumas results in **lower blood pressure**.
- ◆ Writing about a stressful problem evokes positive emotions which increases skill-building behaviors. **Happiness** triggers social abilities which **strengthen social ties**.
- ◆ **Expressive writing** has a direct influence on **improving memory**.
- ◆ Writing about life goals makes people **feel happier**. They also get sick less often.
- ◆ Journal writing has the potential to **promote health, prevent or reduce disease**, and **improve psychological well-being**.

Listen to Dr. K's radio interviews with experts at

www.healthylife.net

Life-changing ElderHostel Six Day workshop in June and October at Yosemite retreat. Program No. 14838RJ

Elderhostel.com "Write For Life"

5 Myths About Journal Writing

1. There are not enough hours in the day to write in a journal.
2. Only the rich and famous keep a journal.
3. If you don't have something important to write don't write anything.
4. You can't write a journal and be honest because someone will read it.
5. The only reason to write is for publication.

Visit

JournalDoctor.com

today and start

your healing.



“I always say, keep a diary, and some day it'll keep you.”

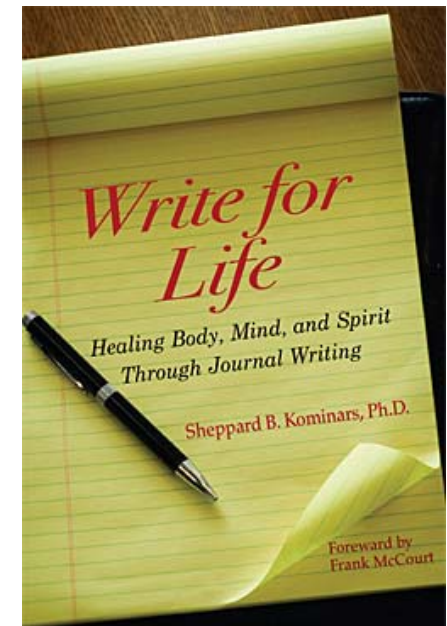
—Mae West

Dr. Kominars has been writing journals since 1955 and has published two previous books on recovery (Harper & Hazelden). He is a cancer survivor of 7 years and has given workshops and seminars all over the U.S. for the past 50 years. He is available for workshops and TV and Radio interviews by arrangement.

JournalDoctor.com
WriteForLifeCCP.com
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