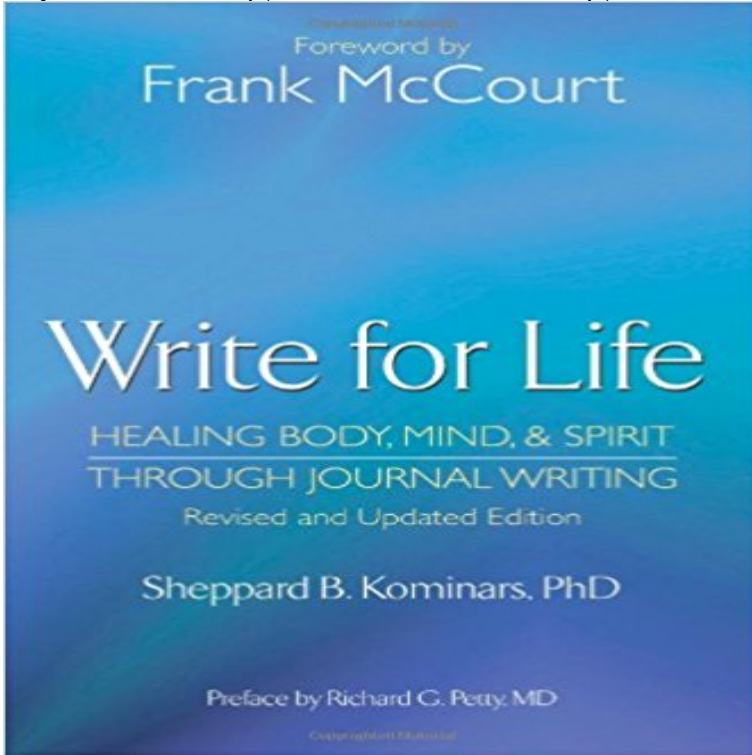


Write for Life, Revised and Updated Edition: Healing Body, Mind & Spirit Through Journal Writing



A simple, sure-fire method to improve health and well-being. Can writing help to heal the sick? Will it cure not just emotional wounds, but physical ones as well? Yes, says Dr. Sheppard Kominars emphatically. For anyone suffering from hypertension, chronic pain, asthma, rheumatoid arthritis, and even cancer, writing can reduce the physical symptoms of many diseases. For those who have endured psychological trauma in their lives, writing can improve their overall well-being, lower their blood pressure, and improve their immune function. In *Write for Life*, Dr. Kominars reveals a host of powerful insights and journaling techniques that can improve health. It could not be simpler: pick up a pen and embark on a lifelong adventure to healthier and happier living. Written with specific instructions on how to use journal writing to deal with medical crises and healing, *Write for Life* is a valuable and useful tool for people with serious or chronic illnesses, as well as for the doctors and nurses who treat them. The pen just might be mightier than the scalpel!

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