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Titolo	Your brain on ink : a workbook on neuroplasticity and the journal ladder // by Kathleen Adams and Deborah Ross
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Collana	It's easy to W.R.I.T.E. expressive writing
Disciplina	615.8/515
Soggetti	Diaries - Authorship - Psychological aspects Diaries - Therapeutic use Writing - Psychological aspects Creative writing - Therapeutic use Well-being Neuroplasticity Self-actualization (Psychology)
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Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Contents; Series Overview: About the It's Easy to W.R.I.T.E. Expressive Writing Series; It's Easy to W.R.I.T.E.; Foreword; Preface; Introduction; PART I. A USER-FRIENDLY GUIDE TO YOUR BRAIN AND YOUR JOURNAL; Chapter 1. Prelude; Chapter 2. Welcome to Neuroplasticity; Chapter 3. The Art and Science of Expressive Writing; Chapter 4. The Journal Ladder; Chapter 5. Brain Maps; Chapter 6. The Reflection Write; PART II. THE WRITE WAY TO POSITIVE BRAIN CHANGE; Chapter 7. The Brain as Velcro and Teflon; Chapter 8. Your Limbic System; Chapter 9. The Brain Takes the Shape the Mind Rests Upon Chapter 10. Neural DarwinismChapter 11. Neurons That Fire Together Wire Together; Chapter 12. For Your Olfactory Delight; Chapter 13. The Masking of a Negative Is Not a Positive; Chapter 14. From Positive State to Positive Trait; Chapter 15. Building Neural Circuitry; Chapter 16. Series of Three; Chapter 17. And Now For Something Completely Different; Chapter 18. Anticipate a Blossoming of Creative Delight; Chapter 19. Short Bursts of Radiance; Chapter 20. A Radical Departure; Chapter 21. Overwriting the Negative; PART III. OUR LAST COLLECTIVE

FIRINGS

Chapter 22. Reprise: Your Brain Takes the Shape Your Mind Rests Upon
Chapter 23. Bridging into the Future; References; Literature Review: Evidence-Based Research on Expressive Writing; Acknowledgments; About the Authors

Sommario/riassunto

In an easy-to-use workbook format this publication offers a strengths based, preventative, positive approach, grounded in neuroscience research, for creating a stronger sense of overall well-being. It contains more than 65 unique writing prompts and a facilitator's guide with complete facilitation plans for 1-hour, 90 minutes and 2-hour groups.