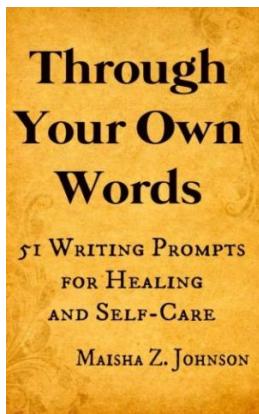


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## THROUGH YOUR OWN WORDS: 51 WRITING PROMPTS FOR HEALING AND SELF-CARE



Inkblot Arts, United States, 2014. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Writing can be one of many powerful tools we have for surviving trauma and taking care of ourselves so we can continue to thrive. Through Your Own Words offers fifty-one dynamic prompts to help readers cultivate and grow a practice of writing for self-care. Author Maisha Z. Johnson is a writer, creative facilitator, and survivor of trauma...

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