



Writing from the Source: Techniques for Re-Scripting Your Life

Allison Price

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Writing from the Source: Techniques for Re-Scripting Your Life Allison Price

This volume is a simple journal-writing programme that seeks to guide readers along an empowering path of growth and self-discovery. The first step involves a 21-day writing plan (30 minutes per day on a given theme) which is then followed up with continued exercises (such as writing a letter to your parents that you won't send) that help readers tune into their authentic selves, blocks, passions and goals. The jottings, essays, letters and journals provide rich ground for personal development work. The last third of the book deals with how readers can turn the insights thrown up by the writing process into positive action (working with dreams, facing fears, establishing boundaries and achieving fulfillment).

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