



## Write4Life: Journaling for Passion Clarity and Purpose

Here are summaries of the 13 most-often downloaded episodes of JournalTalk, complete with links to the full episode notes and the live recording so you can listen. Which are your favorites?



### [Episode 18: The Journal-Writer's Guide to Staying Started](#)

This episode answers the common question, "How can I keep consistent in my writing?" I share some material from my popular course, *Getting Started, Staying Started*, and propose that right now is the best time to consider your New Year's Resolutions. (October 28, 2013)

My guest, Sue Meyn, explores what makes journals magical. We discuss: S.A.F.E.T.Y. and her popular "magic" deck of JournalCards, which are excellently designed and decorated, and can be used as an engaging tool for setting up the mental space of creativity and self-reflection for your journaling. (November 25, 2013)



### [Episode 20: Journal Magic](#)



### [Episode 22: The Ultimate Journaling Tour-Guide](#)

Hannah Braime teaches people to keep a kind and compassionate relationship with one's self. In this episode, Hannah and I discuss her books: *The Ultimate Guide to Journaling*, and *From Coping to Thriving: How to Turn Self-Care into a Way of Life*, and her weekly podcast titled "Becoming Who You Are". (December 23, 2013)

Dolly Garland is a journaling coach for the brave of heart. A fierce Kaizen warrior, she takes her self-improvement seriously. We discuss the term Kaizen, how it applies for daring souls to face themselves with ambition, audacity, and authenticity – three traits she believes are hallmarks of a true reflective writing practice. (September 30, 2013)



### [Episode 16: Kaizen Journaling](#)



### [Episode 19: A Whole Universe of Journaling!](#)

An icon in the journal-writing world, Kathleen Adams is well known for creating the "WriteOn!" journaling workshop in 1985. Since then, she has made an impressive list of accomplishments and contributions to the field. Her book, *Journal to the Self*, is among the most-referenced, pragmatic guides to the craft. It has become the basis of her signature Instructor Certification program at The Center for Journal Therapy. (November 11, 2013)

With an astute-yet-modest perspective, Dr. John Evans shares some scientifically proven health benefits of expressive writing. We discuss the Pennebaker Paradigm, and John's work to update and re-publish the landmark guidebook, *Writing To Heal*, by Dr. James Pennebaker. It includes additional research, and examples from his work at Duke Integrative Medicine. (September 15, 2013)



### [Episode 15: Writing To Heal](#)



### [Episode 14: Journaling for Authentic Refreshment](#)

Finally! You get to hear the voice behind those amazing Twitter chatroom sessions called #JournalChat Live! Dawn Herring is a talent scout for journaling tips and techniques. Our lively and profound conversation weaves in and out of personal stories, journaling tips, and a bunch of amazing projects for "Authentic Refreshment". Dawn's motto: "Appreciate Yourself For Who You Really Are, Validate Your Feelings, and Nurture Your Soul." (September 1, 2013)

### Episode 13: LifeJournal Online

My guest expert this episode is Ruth Folit, the founder and director of the International Association of Journal Writing. She's also the brains behind the design of a software tool called LifeJournal. We discuss these and other insightful topics, and a powerful journaling exercise, along the way. (August 19, 2013)



### Episode 26: Progoff's Intensive Journaling Method

Listen to a clip from Dr. Ira Progoff, the great-grandfather of journal writing, inventor of the most famous journaling methodology, and as far as I have researched, the first psychologist to ever prescribe the use of journaling. In this episode, I discuss the Progoff Intensive Journal Method with Ira's son, Jon Progoff, who shares with us an insider's perspective on Ira's career and contributions. (March 2, 2014)

### Episode 23: Gratitude Journaling

Author, keynote speaker and entrepreneur, Lisa Ryan (from the movie, *The Gratitude Experiment*) emphasizes the importance of appreciation. She shares some incredible stories about how thanksgiving has transformed her own life, and offers a variety of ways to fill your life with the health and healing power of gratefulness. (January 13, 2014)



### Episode 17: Journaling After Brain Injury

Barbara Stahura's life was turned inside-out the moment her husband Ken was struck by an automobile. In the first four minutes, she tells the story of how she turned to journal-writing to cope with the myriad of stressful details, and create a path toward healing. The rest of the episode, Barbara shares why she is grateful that it all happened. Today, she is a Certified Journal Facilitator with The Center for Journal Therapy. Her unique journal-writing workshops have been made into a workbook guide for people (re)shaping the stories they have of themselves and what's possible. (October 14, 2013)

### Episode 21: Journaling with Ho, Ho, Ho! (Holistic Holiday Health!)

In this episode, Mari L. McCarthy and I discuss a full range of topics: from journaling challenges; to the power of mindful eating; to the connection between mind, body and soul; to the 2nd Annual Journaling Expo...and more! I was also curious to ask Mari how her ambidextrous morning pages are coming since [Episode #3](#), when she first explained them. She gave a mind-blowing and inspiring reply, illustrating once more that journaling is a therapeutic tool for holistic health! (December 9, 2013)



### Episode 25: One-Year Celebration of JournalTalk

This episode is dedicated to all the JournalTalk listeners, and your collective wisdom about journaling. We've been podcasting together, discussing journal-writing benefits and inspiration for twelve (quick!) months. Listen to voice messages from fans across the world who called in to be part of this special episode. (February 16, 2014)

I hope this reference guide has been helpful to you. If you have any questions you can contact me here. For a complete listing of the entire library of JournalTalk episodes, you may visit [www.Write4Life.us/JournalTalk](http://www.Write4Life.us/JournalTalk). Feel free to comment on any episode you enjoyed. If you wish to express your gratitude, leaving a comment on my podcasts will cause me many happy feelings. :)

Best Wishes

Nathan Ohren

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