



# Writing Your Authentic Self (Omega Institute Mind, Body, Spirit Series)

*Lois Guarino*

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# Writing Your Authentic Self (Omega Institute Mind, Body, Spirit Series)

*Lois Guarino*

## **Writing Your Authentic Self (Omega Institute Mind, Body, Spirit Series)** Lois Guarino

How to use a journal to communicate with your deepest self

Step-by-step advice on keeping every type of journal--from a personal diary to a dream chronicle

Simple exercises that bring out the poet /journalist/profiler/narrator in everyone

The Omega Institute, the nation's largest holistic education and retreat center, has helped tens of thousands of people in their search for well-being, personal growth, and spiritual development through its world-renowned workshops and retreats. Now the experts at the Omega Institute share their wisdom with you in a unique series of books that provide the guidance, the inspiration, and the skills you need to bring increased meaning and vitality into your life. . . .

Scripting a record of your internal life consistently and over a period of time allows you to give voice to your subconscious, commit otherwise fleeting thoughts to paper, and liberate your dreams. But where does a nonwriter begin? **Writing Your Authentic Self** is the beginner's guide to crafting an intimate, enlightening, and, most of all, genuine memoir. Whether your interests are spiritual, artistic, or historical (a genealogical journal is a gift for the generations to come!), there is a type of journal that will bring out the writer in you. Written by one of the top creativity experts at the Omega Institute--and containing advice and inspiration from dozens of experts in the field--**Writing Your Authentic Self** shows you:

How to capture experiences, record your dreams, embrace your memories, and free your muse--even if you have never written for pleasure

How to find the best journal format to express your true self

How to have your journal teach you . . . about your goals, your challenges, your strengths, and perhaps your real calling

Don't miss these other outstanding Omega Institute Mind, Body, Spirit books:

### **Vitality and Wellness**

#### **The Essentials of Yoga**

And coming soon . . .

### **Contemplative Living**

#### **The Power of Ritual**

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#### **Hilda Baker:**

A lot of people always spent all their free time to vacation as well as go to the outside with them household or their friend. Are you aware? Many a lot of people spent many people free time just watching TV, or playing video games all day long. If you wish to try to find a new activity here is look different you can read a new book. It is really fun for yourself. If you enjoy the book that you read you can spent the whole day to reading a publication. The book Writing Your Authentic Self (Omega Institute Mind, Body, Spirit Series) it is quite good to read. There are a lot of those who recommended this book. These folks were enjoying reading this book. If you did not have enough space to deliver this book you can buy the e-book. You can m0ore very easily to read this book through your smart phone. The price is not to cover but this book possesses high quality.

#### **Leticia Nielson:**

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