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(Inner Workbooks S.) Paperback – 1 April 1992 by Ira Progoff  
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~~Journal Writing Workshop~~—[millikenhistoricalsociety.org](http://millikenhistoricalsociety.org)

This is a fun workshop for people looking to explore options in their lives. We will learn how to begin a journal, with free-intuitive writing exercises and discussion about our insights. Benefits from journaling include: • a healthful release for feelings and tensions • a place to advise oneself, clarify goals, and make decisions

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~~Journal Writing Workshop, Gorsham—Literature Works SW ...~~

Ira Progoff's purpose in creating the Intensive Journal workshops on which this book is based was to give others a language and a process for reflecting on and deepening the meaning of their lives. We have many tools handed to us in At a Journal Workshop—each with a specific shape and function, and each with a full set of instructions on its use. This is a strange, wonderful and complex approach for journey/journal-ing, using methods the author has taught and evolved over the last 40 years.

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The Intensive Journal Method is an integrated system using writing exercises in a setting of privacy and quiet. More than

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"journal writing", our method is based upon principles of psychology, providing you with unique approaches to develop your life. The Intensive Journal method is recognized as the leader in self-development writing programs.

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Use a specific noun and your writing goes from generic to specific—and from boring to interesting. Basic example: instead of saying, “nice flowers,” say, “cascading red geraniums.”. Not-so-basic example: instead of saying, “My neighbor was anal,” say, “My neighbor dusted everything. Even his flowerpots.”.

~~Here are 9 valuable things I learned at writing workshops~~

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It focuses on all the steps involved in the writing process after the collection and analysis of data: clarifying the message of our paper; mapping out the manuscript to get the ideas into a logical structure; writing the first draft; editing the manuscript; submitting the manuscript; and successfully navigating the reviewing process to final publication.

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DCU St. Patrick's Campus This practical workshop will focus on writing for peer-reviewed academic journals and provide insights into engaging with editors and the review process.

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Demonstrate subject knowledge. and understanding of the topic. 2. Describe subject knowledge in own. words in an appropriate academic. style and with a clear and logical. structure. Intellectual Skills 3. Explore a range of information.

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In this workshop, you will learn a step by step approach to journal writing, complete with questions and prompts. This supportive process is designed to enhance your wellbeing

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and give you a fresh perspective, where you feel lighter, grounded, clear, calm, happy and empowered to take inspired action. The Workshop:

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Participants in this Workshop establish a journal-writing practice that gently holds the writer accountable for achieving specific, measurable goals over time. Writers establish a comfortable continuity in the practice of journal-writing in an Ongoing

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The Journal to the Self® workshop is a 12-hour course on how to keep a journal for personal growth, creative

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expression and life enrichment. It was created in 1985 by Kathleen Adams LPC, PTR, Director of the Center for Journal Therapy, Inc., and internationally known pioneer and expert in the power of writing to heal. The early years of the workshop formed the research base for Kathleen Adams' best-selling book, *Journal to the Self*, published by Warner Books in 1990 (since acquired by ...

~~About the Journal to the Self® Workshop—The Center for ...~~

The journal workbook is intended to enable any person to access their own "seed-potential" for living the fullest life possible. Though his writing is without religious dogma, there is a spiritual tone to Progoff's method and he cites theological, literary and artistic sources to illustrate many of

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