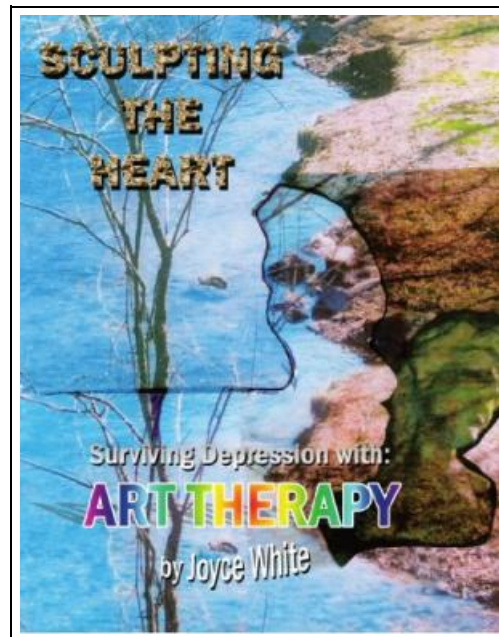


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Reviews

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AUTHORHOUSE, United States, 2008. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Most believe out there somewhere above the clouds, past the moon and stars is a world of joy, love, imagination and creativity. Down here on the third rock from the Sun, that is our genius, too, and we must not be talked out of it. I am a nonartist and writer searching joy through creative self-expression. My story is kind of a walk through my mind while I m writing and creating. I am not a doctor or psychologist. Though it was never my original intent when I began studying Art Therapy, my concern quite naturally turned from the idea of me feeling good to you feeling good. Art Therapy uses the creative process of art making to improve and enhance the physical, mental and emotional well-being of individuals of all ages. Expressing ourselves creatively does more than bring us joy. It is just plain good medicine. It helps us resolve inner conflicts, reduce stress, increase self-esteem and self-awareness. Even Jesus reminds us, if you bring forth what is within you, what you bring forth will save you. What you do not bring forth from within will ultimately destroy you. I personally believe being happily engaged in writing and art making is better than not; and secondly, living without depression, pain and anger is better than living with them. Try doodling and scribbling yourself. Look out, if you re smiling, you re probably having fun. If you re interested in prints of my art work or would like to contact me personally, please e-mail me at Sincerely, Joyce White.

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