



# Journaling: #This Is My Life: 501 Journal Prompts to Inspire Creativity and Passion

*Emilee Day*

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Today's teenagers and young adults deal with specific types of stresses most adults may not understand. Sometimes even their friends are unable to relate. Journaling—daily writing—has been scientifically proven to help relieve a great deal of the pressure. The author, psychology professional Emilee Day, cites a number of studies to support her claim that keeping a journal can literally change your life. She also references several celebrities who are well-known journal keepers. It is a popular mode of personal therapy, and has been for centuries. Emilee speaks not only as an authority, but also from her personal experience. Keeping a journal can help you to feel better about yourself during years of self-doubt and uncertainty, gain a more positive perspective on life, and provide a place to air honest responses to the world around you. This useful resource is overflowing with uncommon journaling ideas, which helps teenagers and young adults express emotions in a healthy, productive way. All you need is a pen and paper or a keyboard, and you can embark on a journey of self-discovery with one of 25 different journal formats. Here's a peek inside: • What is journaling? • How to start • How to keep going • 25 awesome journal formats • Oh no! What to do if you lose your journal • So much more... You will learn there is no "one-size-fits-all" template. Try one, try another, the options are endless, but all uniquely you! Journaling: #This is my life by inspirational self-help author Emilee Day includes 501 Journal Prompts to Inspire Creativity and Passion.

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