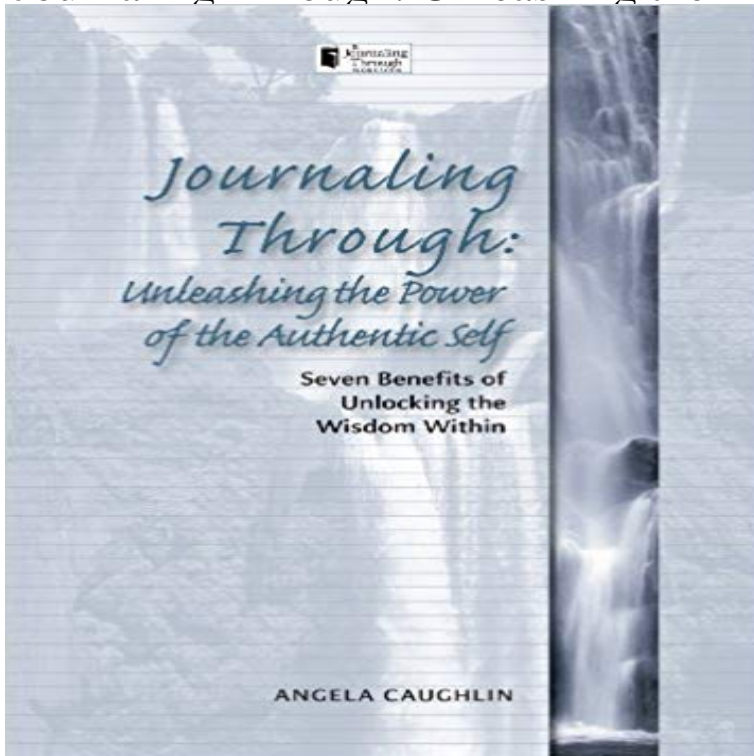


Journaling Through: Unleashing the Power of the Authentic Self



We have approximately 60,000 thoughts a day, many of which are repetitious. When we think a thought, we make a molecule. We have a thinking body. Thoughts are not only contained in our minds, but they are also carried throughout our cellular being by the chemicals they create. As our sensory system responds to certain memories over and over, we reinterpret ourselves according to those memories. As we journal we unearth and examine old beliefs and memories, allowing the fullness of the Seven Benefits of Journaling health, awareness, connection, focus, creativity, authenticity, and vision to gain expression. As we explore the questions associated with each benefit, we clear memory space, allowing our minds to create new thoughts, new neuro-peptides to be released throughout our bodies. History no longer repeats itself in our lives. Now in *Journaling Through*, Angela Caughlin brings these powerful forces for personal change together in one fascinating, helpful workbook. She combines tried-and-true journaling techniques with the wealth of recent information to help us understand the magnificent connections between the brain, the body, and our stories. Through these, individuals can envision, create and reach the personal and professional goals that are most suited to who they really are. *Journaling Through* gives readers practical methods to solve their problems and create the life of their dreams.

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is a valuable tool for chipping away at emotional pitfalls and personal **Meet Angela** : Journaling Through: Unleashing the Power of the Authentic Self: Seven Benefits of Unlocking the Wisdom Within (9781933979588) by Caughtlin **Blog - Therapist Houston, Tx - Angela Caughtlin LCSW** Accessing Your Authentic Self Angela Caughtlin in her book, Journaling Through: Unleashing the Power of the Authentic Self: Seven Benefits **Journaling Through: Unleashing the Power of the Authentic Self** Buy Journaling Through: Unleashing the Power of the Authentic Self: Seven Benefits of Unlocking the Wisdom Within by Angela Caughtlin (2009-11-01) on **Unleash Your Authentic Self!: Your Inner Truth Sets You Free - Google Books Result** Unlimited reading. Over 1 million titles. . Power of Daily Journaling: Uncover Your Authentic Self, Unleash Your Hidden Potential and Live. 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