



Healing Through Creative Expression: Using Intuitive Painting, Writing and Storytelling (Creative Healing Series)

Patricia Fentie

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It is a well-known fact that art and creativity have the ability to heal. Have you ever wondered what the connection is? In this book, Patricia Fentie explains how emotional wounds from the past, whether conscious or not, can cause disharmony in the body. She provides information that is easy to understand and shows how art and creativity can be helpful to work through old emotions.

The author then shares a step by step creative process using intuitive painting, writing and storytelling that the reader can use as a healing modality. The book is divided into two sections—an information section and a workbook section.

The first section provides information about the body-mind-spirit connection, a brief history of her own experience of this healing process and information on the techniques used in the workbook section. There are seven steps in the workbook that guide the reader through the process of Healing Through Creative Expression.

It is important to know that you do not have to be a writer or artist to use this technique, in fact those ‘skills’ can get in the way of the intuitive healing process. If one does have these skills however, this book can help provide a different perspective on how to use them in a powerful and healing way.

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This Healing Through Creative Expression: Using Intuitive Painting, Writing and Storytelling (Creative Healing Series) is great guide for you because the content which can be full of information for you who also always deal with world and also have to make decision every minute. This kind of book reveal it information accurately using great plan word or we can point out no rambling sentences within it. So if you are read the item hurriedly you can have whole information in it. Doesn't mean it only provides straight forward sentences but difficult core information with attractive delivering sentences. Having Healing Through Creative Expression: Using Intuitive Painting, Writing and Storytelling (Creative Healing Series) in your hand like having the world in your arm, information in it is not ridiculous just one. We can say that no book that offer you world with ten or fifteen second right but this book already do that. So , this is certainly good reading book. Hey Mr. and Mrs. busy do you still doubt that will?

Delmar Stingley:

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Is it anyone who having spare time subsequently spend it whole day by watching television programs or just lying down on the bed? Do you need something new? This Healing Through Creative Expression: Using Intuitive Painting, Writing and Storytelling (Creative Healing Series) can be the answer, oh how comes? The

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