

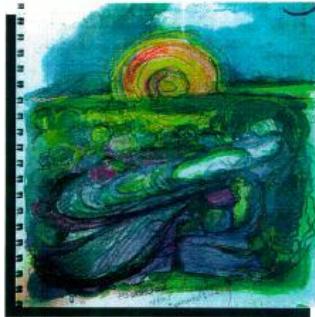
# Visual Journaling

*Going Deeper than Words*

USING  
ART TO:

- Reduce Stress
- Release Anger
- Resolve Conflicts
- Get in Touch with Feelings
- Give Voice to Your Soul

EVEN IF YOU  
CAN'T DRAW



BARBARA GANIM & SUSAN FOX 

## Visual Journaling: Going Deeper than Words

*Barbara Ganim, Susan E. Fox*

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# Visual Journaling: Going Deeper than Words

*Barbara Ganim , Susan E. Fox*

## **Visual Journaling: Going Deeper than Words** Barbara Ganim , Susan E. Fox

Most people who journal use words. But words come from the left brain, which interprets experiences through our learned beliefs and expectations. As this breakthrough book demonstrates, there is a more effective way to journal---using images. Simple drawings, crayon art, even doodles and stick figures can help anyone---even those who believe they "can't draw"---move beyond thought into deep reaches of feeling and intuitive knowing. Barbara Ganim and Susan Fox have developed their Visual Journaling technique into an acclaimed workshop. This book, beautifully illustrated with black and white and color drawings from the journals of students in their workshops, makes this enjoyable tool for personal exploration accessible to everyone. A six-week plan of exercises and interpretive activities teaches readers a lifelong practice that can reduce stress, explore conflicts, and overcome obstacles. Its simple techniques can help everyone gain access to "soul-based" inner wisdom.

## **Visual Journaling: Going Deeper than Words Details**

Date : Published October 1st 1999 by Quest Books

ISBN : 9780835607773

Author : Barbara Ganim , Susan E. Fox

Format : Paperback 192 pages

Genre : Art, Diary, Journaling, Self Help, Language, Writing, Nonfiction, Journal



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## **From Reader Review Visual Journaling: Going Deeper than Words for online ebook**

### **Lynda says**

I took a visual journaling workshop. This is one of the books that were recommended. Very good.

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### **Autumn says**

A wonderful journalling workbook, designed for a 6-week exploration, with meaningful and complete and accessible activities. Includes beautiful colour photos of journals of others. I particularly liked the stress chapter, and also the storying/dialoging with images chapter.

This book resulted in my starting a new shelf "wish list" as I am thinking I might want to purchase this book-a 3 week library check-out did not do it justice, and some of the resulting work was so powerful that I realized I needed a bit more time to process where I was going.

Highly recommended.

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### **Pauline says**

Interesting & inspirational

BLURB:Beautifully illustrated with black and white and color drawings from the journals of students in their acclaimed workshops, Visual Journaling makes this enjoyable tool for personal exploration accessible for everyone.

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### **Cynthia says**

Amazing journey! Don't miss it.

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### **Pewterbreath says**

I cannot deny that this book is a little flaky but it also worked for me to get in touch with myself--a task which I find particularly difficult at times. I would prefer more activities and less examples though.

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