



Journal Keeping with Young People

Stan Steiner, Kathleen Phillips

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Journals offer young people a safe place to reflect, reminisce, dream, explore feelings and relationships, set goals, solve problems, celebrate themselves, and yes, even practice writing. In this book the authors detail myriad fascinating possibilities for journal keeping as a tool for transformation and for building skills. Techniques range from writing about a first memory to designing a dream house to creating a main character for a novel. Guidelines, tips, and lists of additional resources abound. Chapters cover reasons to keep a journal, techniques and definitions, recording the present, remembering the past, exploring the future, the celebration journal, reflection, problem solving and decision making, catharsis, fantasy, people, practicing fiction, reviewing the journal, and sharing the journal. Grades 4-9 (adaptable to any age).

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From reader reviews:

Myra Flory:

Playing with family in the park, coming to see the coastal world or hanging out with good friends is thing that usually you have done when you have spare time, in that case why you don't try thing that really opposite from that. Just one activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love Journal Keeping with Young People, you may enjoy both. It is great combination right, you still want to miss it? What kind of hang-out type is it? Oh seriously its mind hangout people. What? Still don't understand it, oh come on its known as reading friends.

Jean Gaskin:

Journal Keeping with Young People can be one of your nice books that are good idea. Many of us recommend that straight away because this reserve has good vocabulary that can increase your knowledge in terminology, easy to understand, bit entertaining but nevertheless delivering the information. The article writer giving his/her effort to place every word into joy arrangement in writing Journal Keeping with Young People although doesn't forget the main point, giving the reader the hottest and also based confirm resource facts that maybe you can be among it. This great information can drawn you into new stage of crucial thinking.

Bryant Davidson:

The book untitled Journal Keeping with Young People contain a lot of information on that. The writer explains your girlfriend idea with easy method. The language is very simple to implement all the people, so do not necessarily worry, you can easy to read it. The book was authored by famous author. The author brings you in the new time of literary works. It is easy to read this book because you can continue reading your smart phone, or program, so you can read the book in anywhere and anytime. If you want to buy the e-book, you can open up their official web-site as well as order it. Have a nice learn.

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