



Spiritual Journaling: Writing Your Way to Independence

Julie Tallard Johnson

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In *Spiritual Journaling*, Julie Tallard Johnson gives writers, spiritual seekers and spiritual pilgrims tools to explore on and off the page. Although this book is written with the teen in mind the writing prompts and exercises are tools used by all ages.

A great resource for writing classes.

For teens and young adult Ms. Tallard Johnson shows that journaling is an informative and supportive outlet for those making the transition toward their own independent ideas and lives--and a powerful tool for awakening creative potential. Johnson encourages young people to discover their own unique voices by offering guidance on writing and other forms of self-expression and on learning how to listen to inner wisdom.

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