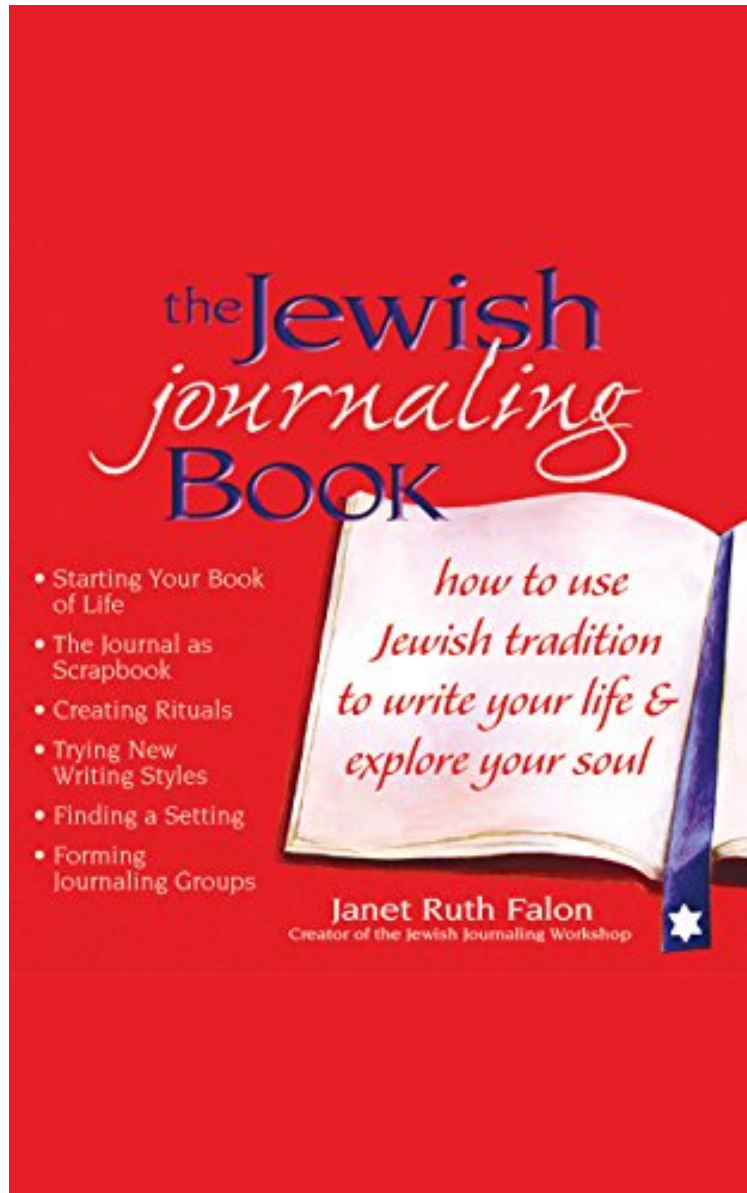


(Pdf free) The Jewish Journaling Book: How to Use Jewish Tradition to Write Your Life Explore Your Soul

The Jewish Journaling Book: How to Use Jewish Tradition to Write Your Life Explore Your Soul

Janet Ruth Falon

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Janet Ruth Falon : The Jewish Journaling Book: How to Use Jewish Tradition to Write Your Life Explore Your Soul before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Jewish Journaling Book: How to Use Jewish Tradition to Write Your Life Explore Your Soul:

0 of 0 people found the following review helpful. some of the stories are pretty inspiring but it could be comprised to a half ...By Anna S.meh... some of the stories are pretty inspiring but it could be comprised to a half size on the bright side: the book is very similar to the "morning pages"³ of 3 people found the following review helpful. Road Map to Journaling By Paula S. Spiegel Janet Falon's Jewish Journaling book is like a clear road map for traveling from point A to point B in journaling. It tells you how to get started---how to get back on track if you get lost---how to find alternate routes if you encounter detours---how to make the most out of the trip---and how to reach your destination. You get 52 tools for journaling couched in a delightful read. 5 of 5 people found the following review helpful. Wonderful and fascinating By A Customer Janet Falon has done something amazing--she's made me want to keep a journal again. Written in crystalline prose (this woman can WRITE), Falon guides you through the whys and wherefores of keeping a journal and why doing it through a Jewish perspective can open you up and make your life more meaningful. I loved this book I bought a few more copies to give to friends.

Explore your experiences, relationships, and feelings through this guided tour of journal-keeping in Jewish tradition. Journaling has been, and remains, an inherently Jewish activity. From the Kabbalist mystics who recorded their practices of reaching altered states of consciousness, to the more recent journals of those who lived during the Holocaust, to the spiritual precedent for Jewish journal-keeping at holy times of the year, writing, recording, and reflecting have long been a part of Jewish custom. Janet Ruth Falon delves into the practical aspects of keeping a journal as well as how you can use your journal to nurture Jewish values and concerns. Using examples from her own writing, she demonstrates how journaling can unleash your creativity and reveal aspects of yourself that you may not have thought about before. She also includes 52 journaling tools that teach specific techniques to help you create and maintain a vital, living journal, from a Jewish perspective. Inspiring and practical, this guided tour of journaling shows how yours can be used to better understand yourself and the world.

From the Inside Flap How to Explore Your Jewish Identity through Journal-Keeping The Jewish Journaling Book takes you through the process of journaling from choosing the right pen and paper, to enlivening your journal with creative exercises and explores the many ways that journaling can be a Jewish activity. Janet Ruth Falon places an emphasis on the process of writing a journal rather than on the final product, reminding you that it's the activity itself that frees your spirit to soar. This innovative guide provides 52 tools for journal-writing that will both inspire and encourage you to take up your pen and write, and enables you to examine your life, including your Jewish spiritual life. Written for journal novices and veterans alike, this useful handbook clearly shows you why and how to begin a journal practice or how to rejuvenate the journal you already have keeping in mind the role of Judaism in your life. About the Author Janet Ruth Falon is an award-winning journalist, essayist, poet and teacher. She teaches journaling and creative writing at many venues, including the University of Pennsylvania, and is available to teach workshops based on the concepts in her book, *The Jewish Journaling Book: How to Use Jewish Tradition to Write Your Life and Explore Your Soul*. Her articles and essays have appeared in the *New York Times*, the *Philadelphia Inquirer* and the *Christian Science Monitor*. Janet Falon is available to speak on the following topics: Journaling