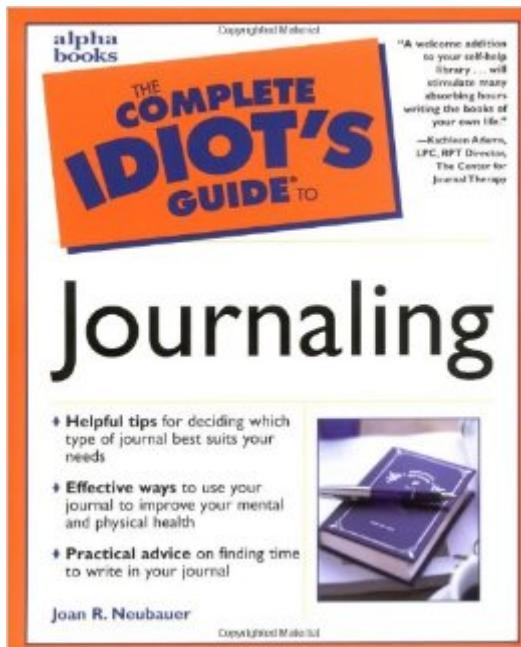


The book was found

Complete Idiot's Guide To Journaling



Synopsis

In today's fast-paced world, more and more people are turning to journal writing to calm their nerves and sort out confusion. "The Complete Idiot's Guide to Journaling" explores the history of journal writing and explains how to get started keeping your own. It points out the benefits of journaling and gives guidelines so that you can determine the type of journal that is right for you. If you are ready to begin writing, it discusses the elements of a good journal and helps you decide what to write about.

Book Information

Series: The Complete Idiot's Guide

Paperback: 352 pages

Publisher: Alpha; 1 edition (November 17, 2000)

Language: English

ISBN-10: 0028639804

ISBN-13: 978-0028639802

Product Dimensions: 7.4 x 0.7 x 9.1 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 3.6 out of 5 starsÂ [See all reviewsÂ](#) (21 customer reviews)

Best Sellers Rank: #1,411,319 in Books (See Top 100 in Books) #252 inÂ Books > Reference > Writing, Research & Publishing Guides > Writing > Academic & Commercial #337 inÂ Books > Self-Help > Journal Writing #6299 inÂ Books > Reference > Writing, Research & Publishing Guides > Writing > Fiction

Customer Reviews

Journal writing is an area I've been interested in for quite awhile, and I've read several books on the subject. I was disappointed by this book. It spends a lot of time categorizing different kinds of journals, such as the log journal, the unsent letter journal, and the cathartic journal, but I couldn't fit my journal writing into any of the categories and thought that a better approach might be to combine several of the approaches into your journal, an idea which is only mentioned briefly near the end of the book. Such rigid categorization goes against my idea of what a journal should be - in addition to the many categories of journals, there is a section on setting up a journal schedule where you map out the days of the week and times of day you will write in each of your journals, if you have more than one - and while this approach may work for others, I think that fitting my journal writing into categories and schedules would inhibit my creativity and make me like the process of journal writing less. I also didn't like this book's strict adherence to the idea that you should force yourself to write

every day for a certain amount of time to get yourself into the habit. I'm not saying this isn't a good thing to do - I think that in many cases it would be - but I don't think journal writing should be something you force yourself to do. If you start out with that mentality, it's less likely that you'll have fun with writing in your journal. The book says that deciding to keep a journal is making a commitment, and that if you don't think you can stick to a regular writing schedule then maybe you shouldn't make that sort of commitment. I disagree with this.

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