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Dr. James W. Pennebaker has been giving including Opening Up and Writing to Heal, is a pioneer in the study of using expressive writing as a route

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Author: James Pennebaker, John Evans, Title: Expressive Writing: Words that Heal (Paperback), Publisher: Idyll Arbor, Category: Books, ISBN: 9781611580464, Price: \$13

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### **Survive & thrive**

John Evans, MAT, MA, EdD, co of Expressive Writing: Words that Heal with James Pennebaker. workshop that will focus on writing to heal and will be of interest

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