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Writing for the soul

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Thirty years ago the  
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**Writing Our Way Out  
of Trouble: Sue  
Reynolds at**

**TEDxStouffville** The results of 25 years of research strongly indicates that **writing** down what distresses and dismays us not only makes us feel ...

**Jordan Peterson #11  
- Dr. James W**

**Pennebaker** Dr. **James** W. Pennebaker is Professor of Psychology at the

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University of Texas at  
Austin, and the  
Executive Director of  
Project ...

### ***The expressive writing method***

Expressive **writing** can  
improve people's  
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This video summarizes  
the method first tested  
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### ***Photograph - Ed Sheeran (Lyrics)***

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SWIMMING is available

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***Expressive Writing***

Expressive **writing** as  
a tool to address  
chronic pain, anxiety  
and stress.

***James Van Praagh  
and Doreen Virtue  
discuss "How to Heal  
a Grieving Heart"***

**James** Van Praagh and  
Doreen Virtue discuss  
the process of **writing**

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Pennebaker  
their first collaborative  
effort "How to **Heal** a  
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***The Secret Life of  
Pronouns: James  
Pennebaker at  
TEDxAustin*** I, You,  
Me, We, Us -- small  
words with the  
tremendous ability to  
illuminate who we are  
and how we're feeling.

Chair of the ...

***Dialogue: Great U***

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**Texas Austin Psych**

**Prof JW Pennebaker**

Podcast: <http://jordanbpetererson.com/2017/03/episode-11/>

Dr. James W. Pennebaker is Professor of Psychology at the University ...

**Jordan Peterson**  
**|NEW| How to heal trauma through writing** From the Patrick Coffin Show, consider supporting

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Patrick Coffin's work  
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***Writing and Trauma***

Dr. Pennebaker on the  
Benefits of Expressive  
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***The Science of  
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