



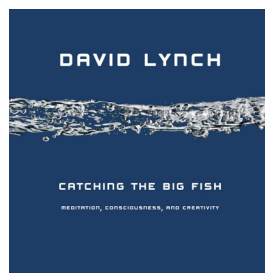
FURTHER WRITING RESOURCES

"The truth knocks on the door and you say: "Go away, I'm looking for the truth," and so it goes away. Puzzling."

— Robert M. Pirsig, *Zen and the Art of Motorcycle Maintenance*

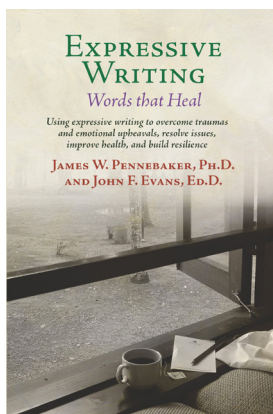
HIGHLY RECOMMENDED BOOKS

Catching the Big Fish by David Lynch



Ideas are like fish. If you want to catch little fish, you can stay in the shallow water. But if you want to catch the big fish, you've got to go deeper.

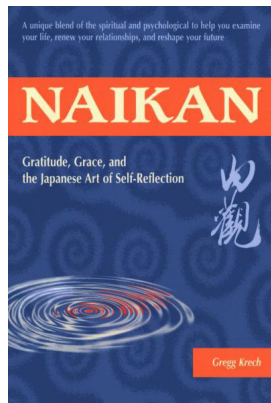
Expressive Writing: Words That Heal by James Pennebaker



Using expressive writing to overcome traumas and emotional upheavals, resolve issues, improve health, and build resilience.



Naikan: Gratitude, Grace, and the Japanese Art of Self-Reflection - By Gregg Krech



This collection of introductory essays, parables, and inspirations explains what Naikan is and how it can be applied to life.

HIGHLY RECOMMENDED RESOURCES

Lepore, S. J., & Smyth, J. M. (Eds.). (2002). *The writing cure: How expressive writing promotes health and emotional well-being*.

Washington, DC: American Psychological Association.

Pennebaker, J. W. (1997). *Opening up: The healing power of expressing emotions*. New York: Guilford Press.

Pennebaker, J. W. (1999). *Health effects of expressing emotions through writing*. *Biofeedback*, 27, 6–9, 14.

Pennebaker, J. W. (2004). *Writing to heal: A guided journal for recovering from trauma and emotional upheaval*. Oakland, CA: New Harbinger Press.

Burton, C. M., & King, L. A. (2004). *The health benefits of writing about intensely positive experiences*. *Journal of research in personality*, 38, 150-163.



King, L. A. (2002). *Gain without pain: Expressive writing and self-regulation*. In S.J. Lepore & J. Smythe (Eds.), *The writing cure*. Washington, DC: American Psychological Association.

Smyth, J. M. (1998). *Written emotional expression: Effect sizes, outcome types, and moderating variables*. *Journal of Consulting and Clinical Psychology*, 66, 174–184.