



# The Enchantment of Writing: Spiritual Healing and Delight Through the Written Word

*Janice Gray Kolb*

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**The Enchantment of Writing: Spiritual Healing and Delight Through the Written Word** Janice Gray Kolb

In *The Enchantment of Writing*, Janice Kolb gives inspirational encouragement and guidance for the act of writing and the process of self-discovery. She shares remembrances from her childhood and events from her life that illustrate how to train yourself to write daily. She also shows you how to tap into strong belief systems that can motivate you.

Some of the exercises in *The Enchantment of Writing* include:

- Writing about: a life changing experience or turning point, your favorite childhood playground, someone who touched your soul, a special animal companion.
- Reminisce about your childhood home
- Start a journal entry with, "I remember..".
- Explore what a piece of poetry means to you . . . try writing some yourself!

Along with creating a daily writing regimen, you are encouraged to find unique pens, ink colors, and papers as well as create a special room or corner for your writing.

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