



Journal Keeping: Writing for Spiritual Growth

Luann Budd

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Would you like to journal, but you're not sure how to start? Do you love to journal, but need some fresh ideas? Here's a book to help you discover (or recover) the power of writing as a spiritual discipline. In these pages you'll find intriguing and encouraging insights on topics like "ordinary things," "discovery journaling," "drawing from another's well" and "dialogue journaling with Scriptures." In each brief chapter, Luann Budd draws on her own life and writing. She shows how to put each of her ideas into practice. And she provides additional inspiration and examples from significant men and women throughout history who have journaled. Read this book to discover the transforming power of journal keeping!

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