

**Lynda Monk, MSW, RSW, CPCC** is the Director of the International Association for Journal Writing <http://iajw.org>. As a Registered Social Worker and Certified Professional Life Coach, Lynda has a passion for and speciality in therapeutic journaling for self-care, burnout prevention, wellness and creative self-expression. Lynda regularly teaches and speaks on the healing and transformational power of life writing.

She is the co-author of *Writing Alone Together: Journalling in a Circle of Women for Creativity, Compassion and Connection*, as well as co-author of the international bestseller *Inspiration for a Woman's Soul: Choosing Happiness*. She is also the author of *Life Source Writing: A Reflective Journaling Practice for Self-Discovery, Self-Care, Wellness and Creativity* and producer of the *Creative Wellness Guided Meditations CD*.

Lynda lives with her family on Salt Spring Island, BC, Canada where she tries her best to write everyday. Her dream is to grow the IAJW.org into the largest learning and inspiration-community for journal and life writers worldwide.