

Inventory of Expert Interviews



IAJW.ORG INTERNATIONAL ASSOCIATION FOR
JOURNAL WRITING
Enrich Your Life Through Journaling

Keeping the 5-Year Journal	Patricia Charpentier
The Magic of Writing Your Story — Journaling and Writing for Resilience	Sandra Marinella, MA, M.Ed
Journaling for Non-Journalers	Jennifer Convisor
Memoir from the Heart	Ahava Shira, PhD
The Focused Journal Method for Weight Loss	Eric Maisel, PhD
Full Circle: How to Create Soulful Writing Workshops for Women	Marlene Schiwy
Journaling for the Health of It!	Mari L. McCarthy
Writing Your Way to What Matters	Lorraine Widmer-Carson
Guided Year End Journaling Journey – IAJW Event	Lynda Monk, Director, IAJW.org
Opening to Greater Possibilities in Life through Journaling	Eric Teplitz
Journaling for Mental Health & Stress Reduction	Dr. Ben Bernstein
Going Deeper: Using Dance & Journaling to Create Wild Possibility	Anne Marie Hogya
How to Use Journaling to Write Memoir with Julie Ryan McGue	Julie Ryan McGue
Expanding Your Journaling Horizons	Dawn Herring
Writing in the Company of Trees	Jackee Holder
Journaling to Stimulate Your Imagination	Kimberly Wulfert, PhD.
From Journaling to Penning a Memorable Memoir	Thea Khama
Creative Journaling for Family Self-Care	Nicolle Nattrass
Journaling for Whole Person Self-Care	Lynda Monk, Director, IAJW.org
Writing to Awaken	Mark Matousek
Crossing the Covid Threshold – Your Transition Journal	Leia Francisco

Inspirations for Your Creative Muse	Judy Reeves
Journal to Memoir	Sheila Bender
Writing to Heal Trauma with Emelie Hill Dittmer	Emelie Hill Dittmer
Journaling to Deepen Your Connection with Nature: Answering a Call	Gail Condrick
Improv Writing with Kelly Morgan	Kelly Morgan
Writing for Self-Love with Anthony Parnell, MSW	Anthony Parnell, MSW
Poetry Journaling: A Somewhat Surprising and Meditative Way to Engage with Your Favorite Poems	Dr. Minette Riordan
Creative Journaling to Reach Your Goals!	Nicolle Natrass
Travel Touchstone Journal Writing	Rhonda Wiley-Jones
Why to Keep Writing in the Age of Text & Tweet?	Christina Baldwin
Therapeutic Journaling for Coaches, Therapists & Change Agents	Susan Borkin, PhD
Mastering the One-Person Business for Creative Entrepreneurs	Eric Maisel, PhD
Clearing Clutter with Journaling – Carolyn Koehnline	Carolyn Koehnline
Journaling to Befriend Anxiety and Build Courage with Emma-Louise Elsey	Emma-Louise Elsey
Reflections of a Lifetime Through Journaling with Merle Saferstein	Merle Saferstein
The Role of Self in Service: Journaling to Discover Your Unique Contribution	Elizabeth Bishop
Creative Journaling to Live a Love-Filled Life with Lucia Capacchione	Lucia Capacchione
Journaling to Unlock Your Dreams & Live Your Joy with Joyce Chapman	Joyce Chapman
Grateful Heart Journaling with Barbara Stahura	Barbara Stahura
Journaling Through Life Transitions with Leia Francisco	Leia Francisco
Journaling Strategies to Transform Your Life with Kim Ades	Kim Ades
Writing Your Family Memoir with Barbara Graham	Ruth Folit & Barbara Graham
The Story You Need To Tell with Sandra Marinella	Sandra Marinella
Writing with the Wisdom of Trees with Jackee Holder	Jackee Holder
Writing for Emotional Balance with Beth Jacobs	Beth Jacobs

Ignite Your Joy Through Journaling!	Joyce Chapman
One Loop at a Time: an exploration of the healing power of journaling, rug hooking & creative self-expression	Meryl Cook
Come to Your 5 Senses to Enliven Journal Writing	Sheila Bender
Transforming Memories with Spontaneous Writing using Loaded Words	Liz Crocker
The Art of Slow Writing: Reflections on Time, Craft, and Creativity	Louise DeSalvo
Health And Writing: What We Have Learned	Sharon Bray
When Change is Unwelcome: Lessons of Loss How Poetry, Mindfulness and Journaling Open Our Hearts Again	Polly Young-Eisendrath
Writing undefended: Finding Your Truths	Roger Housden
The True Secret of Writing: Connecting Life with Language	Natalie Goldberg
When Life Hurts	Sharon Bray
Writing Wild: Forming a Creative Partnership with Nature	Tina Welling
Writing Your Spiritual Autobiography	Dan Wakefield
Journals: The Missing Link in Creative Lives	Alexandra Johnson
Journaling for Life Purpose Clarity	Dr. Eric Maisel