



# Sheldon Mindfulness: Keeping a Mindful Journal

*Philip Cowell*

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## **Sheldon Mindfulness: Keeping a Mindful Journal** Philip Cowell

The health and well-being benefits of journalling are well-documented, stemming from work of James Pennebaker at the University of Texas. This book explains the researched benefits of mindful journalling. Drawing on the author's extensive writing experience, it is a thorough, practical exploration of how to use journalling positively, and how actually to break through the barriers and write.

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