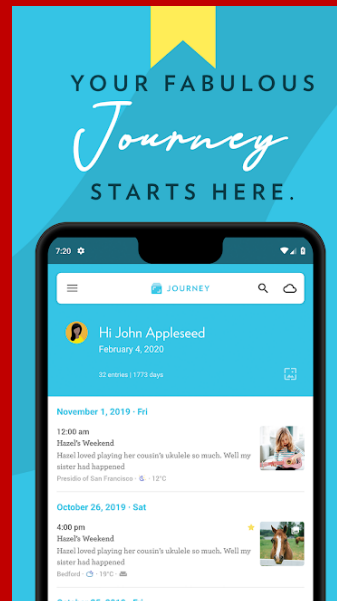


Further Resources

Journaling Apps review from Lifewire

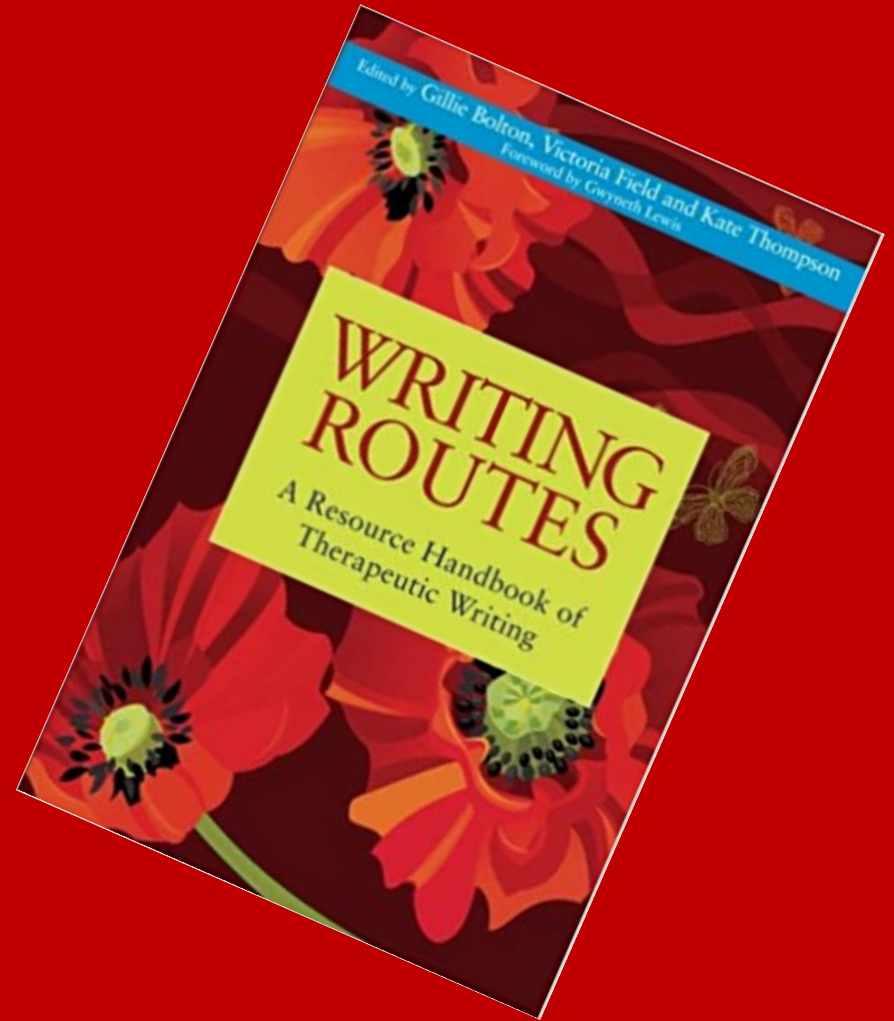
<https://www.lifewire.com/best-journal-apps-4175848>



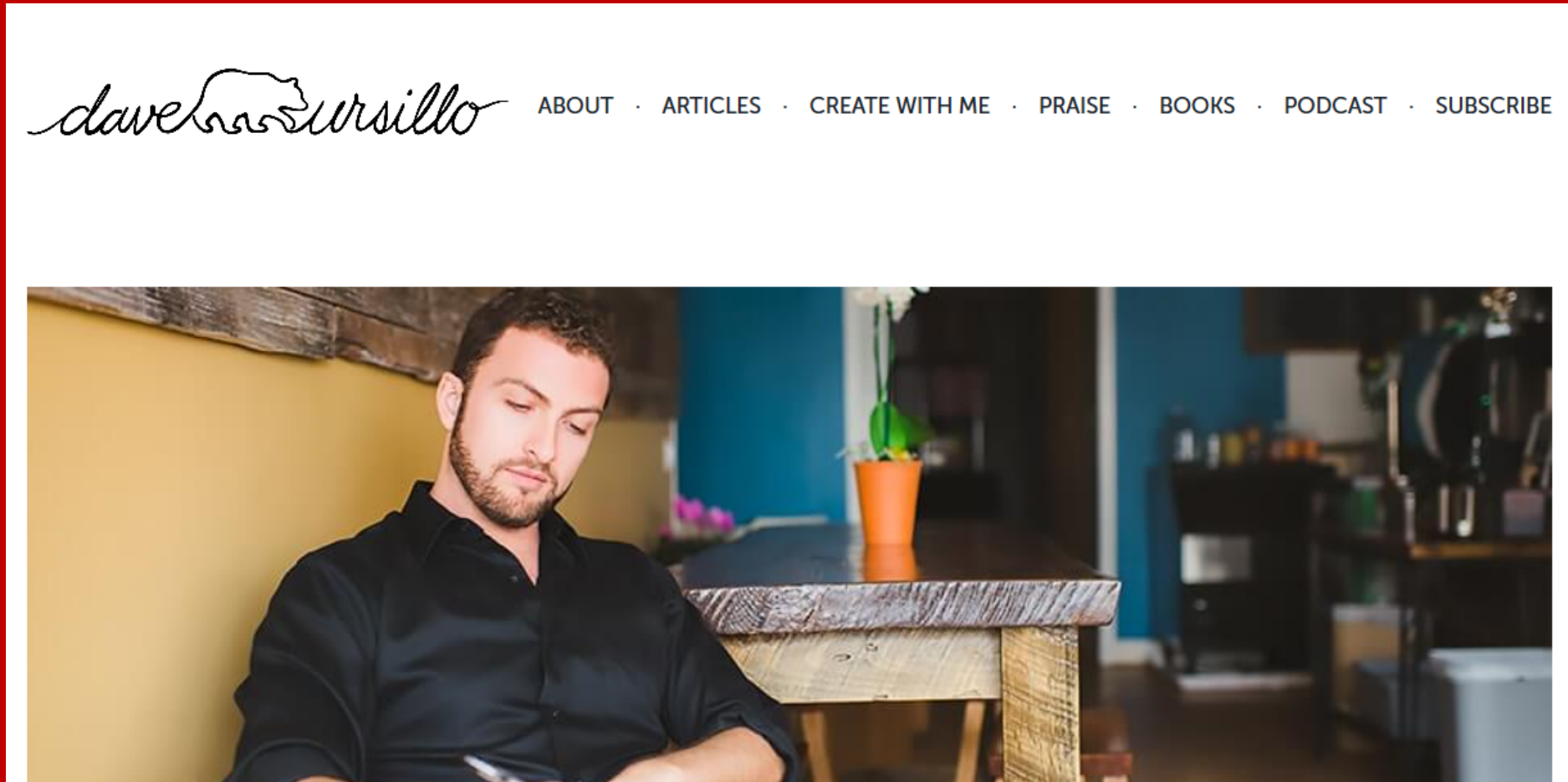
Further Resources

*Writing Routes:
a resource handbook
of therapeutic writing*

*Available as an e-book
via our electronic catalogue:
<https://libcat.cogc.ac.uk>*



Further Resources: Writing Prompts



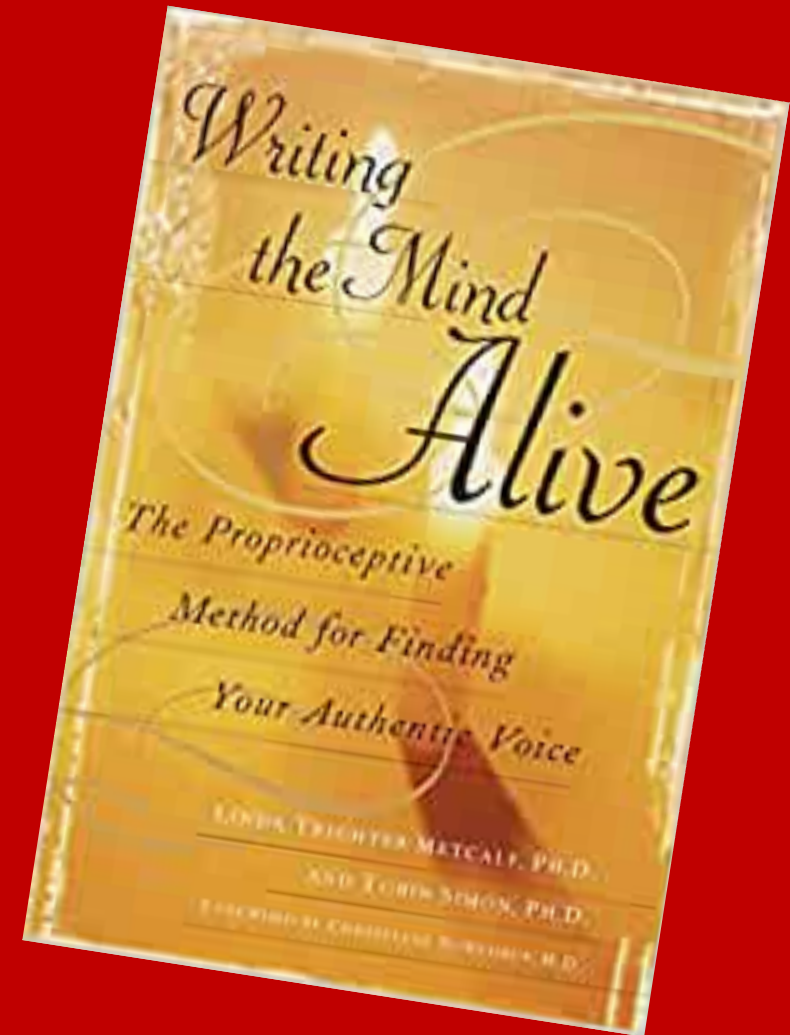
<https://daveursillo.com/7-mindful-writing-prompts/>

Further Resources

Writing the Mind Alive

Linda Metcalfe's manual on
'Proprioceptive' Writing

ISBN 9780345438584





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