



# **The Jewish Journaling Book: How to Use Jewish Tradition to Write Your Life & Explore Your Soul**

*Janet Ruth Falon*

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## **The Jewish Journaling Book: How to Use Jewish Tradition to Write Your Life & Explore Your Soul**

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**Explore your experiences, relationships, and feelings through this guided tour of journal-keeping in Jewish tradition.**

Journaling has been, and remains, an inherently Jewish activity. From the Kabbalist mystics who recorded their practices of reaching altered states of consciousness, to the more recent journals of those who lived during the Holocaust, to the spiritual precedent for Jewish journal-keeping at holy times of the year, writing, recording, and reflecting have long been a part of Jewish custom.

Janet Ruth Falon delves into the practical aspects of keeping a journal as well as how you can use your journal to nurture Jewish values and concerns. Using examples from her own writing, she demonstrates how journaling can unleash your creativity and reveal aspects of yourself that you may not have thought about before. She also includes 52 journaling tools that teach specific techniques to help you create and maintain a vital, living journal, from a Jewish perspective.

Inspiring and practical, this guided tour of journaling shows how yours can be used to better understand yourself and the world.

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