



Journaling as a Spiritual Practice: Encountering God Through Attentive Writing

Helen Cepero

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Whether you are a longtime journal keeper or someone who has never kept a journal at all, this book will help you go below the surface of your life with God. It is not about the art of writing, but about how journaling can form us spiritually. Every chapter combines descriptive text, illustrations from journals and the author's own experience with journaling practices integrated along the way to help you bring your own life and world into sharper focus. God wants to surprise you with the beauty of your own life, growing and alive, filled with movement, light and shadow. This is the book to do just that.

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