

Writing for the Health of It

Over the last twenty years, a huge and growing body of scientific evidence has shown that various forms of expressive writing, including journaling, story and poetry writing, letter writing, and even writing short notes of love and appreciation have numerous and significant health benefits.

Typical physical benefits:

- ◆ Better immune system functioning
- ◆ Lower blood pressure and heart rate
- ◆ Improved lung and liver function
- ◆ Improved memory
- ◆ Fewer stress-related doctor visits
- ◆ Shorter hospital stays

Typical psychological benefits:

- ◆ Increased happiness
- ◆ Enhanced feeling of well-being
- ◆ Decreased worry and anxiety
- ◆ More self-confidence
- ◆ Smoother relationships
- ◆ Better problem solving

In her program, *Writing for the Health of It*, Sharon Lippincott demonstrates simple ways to apply these findings and benefits to your life. The good news is that this writing can be as much fun as it is beneficial, and you don't need to know a thing about grammar or spelling or how to write. This program is available in formats ranging from half an hour to full-day workshops.

Sharon Lippincott is a life writing instructor and coach, and the author of three books, *The Heart and Craft of Lifestory Writing*, *The Albuquerque Years*, and *Meetings: Do's, Don'ts, and Donuts*, and the popular "Heart and Craft of Lifestory Writing" blog. She has been a published author for over twenty-five years, and her programs for local groups and conferences always draw a crowd. An active member of several writing groups, both real-time and on the Internet, she has written over 700 stories, essays, and articles about her own life experiences, observations and the writing process.

Audience members say:

Thanks for the great program. I've going right home to write.

Your exercise gave me a great start. I can't wait to keep writing.

Your examples were great. You make writing sound so easy and now my grandchildren can know I wasn't always old!

Call or e-mail today to schedule a program for your organization.

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