



## The Joy of Mindful Writing: Notes to inspire creative awareness (Hardback)

By Joy Kenward

The Ivy Press, United Kingdom, 2017. Hardback. Condition: New. Language: English . Brand New Book. The book is for anyone who wants to start a writing journey or who is looking for new ways of developing their writing, with writing exercises combined with meditative techniques. - Psychologies We all know that, no matter how much we love it, writing takes effort. We've all come up against days when the words won't work, the plot is stymied and our focus is shot - or worse, the dreaded writers block. The Joy of Mindful Writing, new from Leaping Hare Press, is a guide to conscious creativity and mindful writing designed to tackle these problems and help connect you more deeply to your work. - Mslexia Whether you're in full flow or not, Joy's ideas, beautifully and simply expressed, provide a fascinating magic designed to energise, uplift and enhance creative writing skills. - Cygnus Review The perfect companion . wherever and however you write. -Literature Works Through meditative exercises, and notes on perception, imagination and focus, Joy guides you to a place where you can connect with the words you put down on paper in a meaningful way, ultimately...



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