



The Creative Journal: The Art of Finding Yourself: 35th Anniversary Edition

Lucia Capacchione

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Originally released in 1980, Lucia Capacchione's *The Creative Journal* has become a classic in the fields of art therapy, memoir and creative writing, art journaling, and creativity development. Using more than fifty prompts and vibrantly illustrated examples, Capacchione guides readers through drawing and writing exercises to release feelings, explore dreams, and solve problems creatively. Topics include emotional expression, healing the past, exploring relationships, self-inventory, health, life goals, and more. *The Creative Journal* introduced the world to Capacchione's groundbreaking technique of writing with the nondominant hand for brain balancing, finding innate wisdom, and developing creative potential.

This thirty-fifth anniversary edition includes a new introduction and an appendix listing the many venues that have adopted Capacchione's methods, including public schools, recovery programs, illness support groups, spiritual retreats, and prisons. *The Creative Journal* has become a mainstay text for college courses in psychology, art therapy, and creative writing. It has proven useful for journal keepers, counselors, and teachers. Through doodles, scribbles, written inner dialogues, and letters, people of all ages have discovered vast inner resources.

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