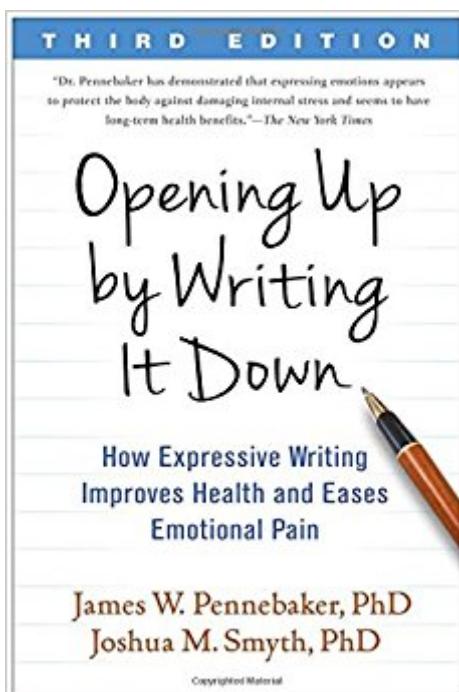


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# Opening Up By Writing It Down, Third Edition: How Expressive Writing Improves Health And Eases Emotional Pain



## **Synopsis**

Expressing painful emotions is hard--yet it can actually improve our mental and physical health. This lucid, compassionate book has introduced tens of thousands of readers to expressive writing, a simple yet powerful self-help technique grounded in scientific research. Leading experts James W. Pennebaker and Joshua M. Smyth describe how taking just a few minutes to write about deeply felt personal experiences or problems may help you: \*Heal old emotional wounds \*Feel a greater sense of well-being \*Decrease stress \*Improve relationships \*Boost your immune system Vivid stories and examples yield compelling insights into secrets, self-disclosure, and the hidden price of silence. The third edition incorporates findings from hundreds of recent studies and includes practical exercises to help you try expressive writing for yourself. It features extensive new information on specific health benefits, as well as when the approach may not be helpful.

## **Book Information**

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## **Customer Reviews**

"The power of expressing emotions is one of the most important discoveries psychologists have ever made. The authors blend scientific rigor with practical wisdom in an accessible book chock-full of insights. Write it down!"--Shelley E. Taylor, PhD, Distinguished Professor, Department of Psychology, University of California, Los Angeles "An absorbing account of expressive writing and how it works. This book is full of ideas and techniques that will benefit anyone who reads it."--Timothy D. Wilson, PhD, author of *Redirect: Changing the Stories We Live By* "Opening Up by Writing It Down, Third Edition, is a wonderfully crafted blend of engaging examples and current scientific knowledge. The authors make a compelling case that people can improve their overall

health and well-being by writing about troubling feelings and experiences. The book is fun and motivating, and it includes helpful exercises and suggestions to get you started on this path to wellness."--Dena Rosenbloom, PhD, author of *Life After Trauma* "Fascinating. We learn that writing positively affects the immune system and can be a powerful tool in the treatment of trauma, psychological problems, and chronic disease. If you want to jump-start your brain, cleanse the mind, or resolve troublesome experiences, check out this classic book."--Susan M. Pollak, MTS, EdD, psychologist, Cambridge, Massachusetts "Opening Up is a revelation--a fascinating account of the science of expressive writing, from two researchers on the front lines of discovery. This book shines new light on old ideas about the therapeutic effects of emotional expression and offers important insights about how, when, and why words have healing power. Sparkling with data, intelligence, and humanity, this book is essential reading for students of psychology. It provides a review of the research literature rigorous enough for undergraduate and graduate courses in health psychology, emotions, stress and coping, and psychotherapy, and at the same time offers compelling examples, lucid analysis, and straightforward advice that speaks to us all. This is a book that can change your life."--Deborah A. Prentice, PhD, Department of Psychology, Princeton University "This stimulating text advocates a workable supplement to one's professional practice and should be required reading for all therapists and counselors. Lower-division undergraduates and above; faculty and professionals. (Choice Reviews 2017-02-01) "Intelligent and provocative. (on the first edition) (Kirkus Reviews) "[A] delightfully readable and informative book on the relationship between inhibited emotion and disease states and the healing process of writing. [This book] can be used to support treatment. It is particularly useful in helping clients/patients increase their awareness of the effects of inhibited emotion and high- and low-level thinking strategies, and it is a natural support for therapeutic writing assignments. (on the first edition) (Psychosomatic Medicine)

James W. Pennebaker, PhD, the originator of expressive writing, is Regents Centennial Professor of Psychology at the University of Texas at Austin. Dr. Pennebaker conducts award-winning research and has published numerous books on the links between expressive writing and physical and mental health. Joshua M. Smyth, PhD, is Professor of Biobehavioral Health and of Medicine at The Pennsylvania State University. Dr. Smyth has conducted extensive research on expressive writing and other innovative methods for promoting health and well-being and coping with stress.

This book clearly explains many ways in which writing can help with emotional and other pain, as it

says on the cover. However, it does not provide much in the way of practical exercise, specific guidance or example. In part this is on me as I did not read the description closely enough. I was counting on this part of the description "includes practical exercises to help you try expressive writing for yourself." and as mentioned there isn't much. So, 3 stars for me. If I was looking for a book on why writing could help and how it helps, with examples and case studies, I would have given 4 or maybe 5 stars. I will look for another book.

Well researched theory, but it's not a one size fits all. If you're a journaler, definitely read this. I think Pennebaker's journaling exercises are helpful in slowing down our thinking and making sense of our inner workings. Although, definitely not for everybody.

I was somewhat familiar with Dr. Pennebaker's work through his 2014 title Expressive Writing: Words That Heal, and as a lifelong journal keeper, his ideas have always resonated with me. So I was pleased to receive an advance copy of Opening Up by Writing It Down, Third Edition: How Expressive Writing Improves Health and Eases Emotional Pain from NetGalley and Guilford Publications in exchange for my honest review. As I read it, I kept thinking I should check with my therapist to be sure she has this book as it is packed with what might be considered technical/academic data. It actually wasn't until I go to the final chapter that I found what was, for me, the most helpful information. This chapter includes an overall summary and specific instructions for therapeutic writing exercises. Although some of the earlier chapters do include various exercises, my own preference is for writing exercises to be included at the end of corresponding so I can easily go back and find the exercises related to a particular topic. But, that's just a personal preference. Writing comes easily to me, so it doesn't seem like a stretch to think that making it a habit would be easily accomplished. As noted above, this concept isn't new to me, so I was somewhat predisposed to like this! I plan to recommend it to people I KNOW are not writers, but who I think might benefit from reading this book. Overall, I gave Opening Up by Writing It Down a rating of 4 stars.

perfect very happy

helped me with my block

Good

Glad to have found this book so accidentally.

Great book and very useful. Helped me a lot.

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Opening Up by Writing It Down, Third Edition: How Expressive Writing Improves Health and Eases Emotional Pain Emotional Intelligence: Why You're Smarter But They Are More Successful(Emotional intelligence leadership,Emotional Quotient,emotional intelligence depression,emotional intelligence workbook) Third Eye: Third Eye Activation Mastery, Easy And Simple Guide To Activating Your Third Eye Within 24 Hours (Third Eye Awakening, Pineal Gland Activation, Opening the Third Eye) Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) The Detrimental Effects of Emotional Abuse: How Emotional Abuse and Emotional Elder Abuse Destroy Us All Emotional Intelligence: 3 Manuscripts - Emotional Intelligence Definitive Guide, Mastery, Complete Step by Step Guide (Social Engineering, Leadership, ... (Emotional Intelligence Series Book 4) Calligraphy for Beginners.Drawing Hand Skill. Training, exercises and practice: The unique advantages of calligraphy: improves hand writing,develops ... creative skills(Calligraphy Workbook) Scoliosis Prevention and Treatment: The Ultimate Guide to Health, Fitness, Dieting, Recovery and Growth: osteopathy, alternative medicine, yoga, contemporary ... Back Pain, Pain Relief, Pain Management,) Undaunted Courage: Meriwether Lewis, Thomas Jefferson and the Opening of the American West: Meriwether Lewis Thomas Jefferson and the Opening Opening Repertoire: Nimzo and Bogo Indian (Everyman Chess-Opening Repertoire) El sindrome de down y su mundo emocional/ Down Syndrome And It's Emotional World (Spanish Edition) Chronic Pain: Taking Command of Our Healing! : Understanding the Emotional Trauma Underlying Chronic Pain Supervision That Improves Teaching and Learning: Strategies and Techniques (Volume 4) Reading for Understanding: How Reading Apprenticeship Improves Disciplinary Learning in Secondary and College Classrooms Phillip Hanson improves Microsoft's Spider Knee Pain: Treatment for beginners - 2nd EDITION UPDATED & EXPANDED - Knee Pain Relief, Cure and Exercises to overcome your knee problems (Knee Problems - Knee Pain Cure - Knee Hurt Book 1) Health Communication: From Theory to Practice (J-B Public Health/Health

Services Text) - Key words: health communication, public health, health behavior, behavior change communications MARIJUANA: Guide To Illness And Pain Management (Medical Marijuana, Pain Management, Cannabis, Epilepsy, Cancer Treatment, Chronic Pain) Classification of Chronic Pain: Descriptions of Chronic Pain Syndromes and Definitions of Pain Terms

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