

## Today I Feel.: A Drawing Journal for Volunteers



Filesize: 4.06 MB

### **Reviews**

*This ebook will never be effortless to get started on studying but extremely fun to read through. It is actually written in easy phrases and never difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.*  
(Pearl Corwin)

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Createspace, United States, 2010. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.You re a volunteer. How do you feel today? Being a volunteer is a rich, rewarding experience. Those who volunteer do so because they enjoy giving of their time, and helping others. Some days will be happy and rewarding, and some days may be tough and frustrating. Drawing and art therapy have been used for years as a way to enable kids and adults to express their feelings without the limitations of words. This workbook has been designed as a way to explore feelings, in a creative and expressive way, without judgment or a right or wrong answer. Each page asks the question, How do you feel today? and then leaves open space for drawing any feelings or thoughts. The process of drawing feelings out may provide its own healing, or may reveal some areas where there is a need to explore and seek further help from a qualified professional. The Drawing Journal also makes a great keepsake, to look at years after you ve used it.



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