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# Inner Journeying Through Art-Journaling: Learning to See and Record your Life as a Work of Art

*Marianne Hieb*

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**Marianne Hieb : Inner Journeying Through Art-Journaling: Learning to See and Record your Life as a Work of Art** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Inner Journeying Through Art-Journaling: Learning to See and Record your Life as a Work of Art:

9 of 9 people found the following review helpful. Idea ProvokerBy Laurie A. JonesThere was a lot about this book that I really liked in spurring my on to more creativity but I was disappointed that there wasn't a more spiritual aspect to it.

I do think it worth purchasing and would recommend it to other journalers for sure.0 of 1 people found the following review helpful. I want them all.By KathleenDon't buy this so I can buy all the ones left in stock.0 of 1 people found the following review helpful. ... psychiatric in tone to be as helpful as I'd like.By Danna EismanToo psychiatric in tone to be as helpful as I'd like.

Inner Journeying Through Art-Journaling introduces a holistic journaling process that combines art, art therapy, design theory and spiritual direction in order to attain personal balance, awareness of one's own inner processes, resolution of internal conflicts and enhanced wellness.The book guides the reader through the process of creative journaling and presents the key elements of the technique. Case studies and art journals of Marianne Hieb's own clients and retreat participants show the effectiveness of journaling as a therapeutic intervention and as a meditative tool.Inner Journeying Through Art-Journaling will be of significant use to anyone interested in holistic healing, and of special interest to arts therapists, counsellors, spiritual directors, and anyone dealing with people who are encountering loss, grief, resistance, or discernment issues.It will also be helpful for the individual looking to add holistic journaling to his or her own meditation, prayer, or inner exploration practice.