

## **Write Through Your Pregnancy: Journal Writing Prompts for Expectant Mothers (Paperback)**



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## **WRITE THROUGH YOUR PREGNANCY: JOURNAL WRITING PROMPTS FOR EXPECTANT MOTHERS (PAPERBACK)**



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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Are you Pregnant Do you worry? Who doesn t? It s hard not to worry. When your worries keep you up at night; it s time to vent. Sometimes it s hard to find someone you trust to vent your worries to. This is where writing can come in handy. That way you do not have to worry about condensation or unwelcome suggestions but you still get what is bothering you off your mind. Adrienne M. Clark found she worried much too much while she was pregnant with her third daughter, after an ultrasound revealed she was going to be born with only one hand. She could not help but dwell on what she could not change. Her tactic was to write all her worries so they stopped keeping her up at night. Since it helped her, she hoped it would help out others who were stressed while pregnant too. This is the second instillation in the How to Use Writing for Personal Therapy series. From the author of 365 First Line Writing Prompts and Improv Yourself .



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