



# **Finding Your Voice Through Creativity: The Art and Journaling Workbook for Disordered Eating**

*Mindy Jacobson-Levy, Maureen Foy-Tornay*

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## **Finding Your Voice Through Creativity: The Art and Journaling Workbook for Disordered Eating**

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This workbook combines art therapy exercises and guided journal writing for individuals who want to explore their relationship with food and their bodies in a new way. Written by board-certified art psychotherapists, the pages of this workbook literally serve as a canvas for thoughts and feelings "spoken" primarily through art and elaborated upon through writing. Readers are encouraged to draw, write, and create directly in the book. These images, symbols, and journal entries then become a "personal signature" that can be accessed and explored to resolve any obstacles to emotional well-being. Included are 58 expressive art projects and corresponding written exercises, which lead readers through specific stages of self-discovery related to disordered eating patterns, body image issues, relationships, life skills, emotions, self love, and personal transformation.

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