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Writing the way to truth



In "Journalution" (New World Library, \$14.95), author Sandy Grason admits she doesn't have all the answers: "Every person's truth is different,"

she writes. "That is why you will not find your truth in this book or any other book."

That said, Grason goes on to explain how people can begin to find their truth through journaling. The former editor of Nurturing Magazine has been doing it for 15 years and holds workshops on Journalution—a word she coined that combines "journal" and "revolution"—and says that that blank page can be a start for a person seeking to change his or her life.

Grayson starts at Square 1 with supplies—the journal itself, the writing tools—and discusses where, when and how often a person should journal. But the meat of the book is about how a journal can be a building block in one's life, whether you're using it as a healing tool, a means of expression or a way to energize yourself.

The book, with its tips, ideas and journal excerpts, can work equally for those who've never kept a journal or those who have. If nothing else, it'll provide fodder for your next entry.

Let it flow: "Don't overanalyze; just let yourself write whatever pops into your mind."

—William Hageman