



In-Versing Your Life: A Poetry Workbook for Self-Discovery and Healing

Cynthia Blomquist Gustavson

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In-Versing Your Life: A Poetry Workbook for Self-Healing and Discovery. The legendary Poetry Therapy Workbook in its second printing. "When I first began to practice individual and family therapy, I noticed many of my clients wrote poems at times when they didn't know what else to do with their feelings. Writing enabled them to recognize what was going on in their lives, to help them understand their feelings, and finally to encourage positive action." From the Introduction to In-Versing Your Life.

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