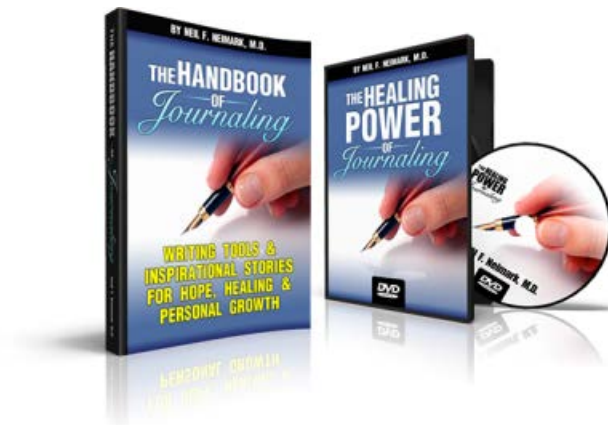


Welcome Letter!

Journaling Mastery Book & Video Training Course



Dear Friend,

Welcome and—from the bottom of my heart—thank you for your purchase of this one-of-a-kind Journaling Mastery Book & Video Training Course. I'd like to welcome you to the amazing world of guided journaling.

It is my sincere hope that this e-book, video and bonus materials will truly help you on your journey towards greater health, happiness and success in all your endeavors.

To get the very most out of this training course, I highly recommend that—as you read through the book—you get out a pen and a piece of paper (or sit by your laptop) and actually take time to do the accompanying journaling exercises.

After all, just reading about journaling will not reduce your stress any more than just reading a menu will satisfy your hunger.

In order to get the real benefits of guided journaling (i.e., greater health, happiness and peace of mind), you must follow the guided exercises in each of the 15 journaling techniques by writing from the depths of your heart, mind and soul.

The book is divided into two main sections. In section one, I discuss the science of journaling and spend some time telling you about my personal story as a way to illustrate the powerful benefits available to you through guided journaling.

You can read section one as you would any book. There are no exercises to do.

Once you get to section two, you will be introduced one chapter at a time to 15 of the most powerful guided journaling techniques I know of. A good way to get started is to print off one chapter at a time and follow the guided writing exercises by devoting a week or so to each chapter.

Alternatively, you may want to “fast track” your way through the book, by printing off a new chapter every day and writing a brief journal entry for the guided writing exercises for that day. Then, once you’ve worked your way through all fifteen different techniques, you can go back and spend more in-depth time working with the journaling methods that seem to work best for you. Then, you can use those styles of journaling over and over again to work through any emotional tension, mental confusion or spiritual dilemmas you may be facing.

Difficult or highly charged emotional issues may take weeks, months and even a lifetime to “work through” so be patient with yourself. The goal is not to become perfect, but rather to simply make progress in becoming a happier, more self-actualized and better person, capable of living a life of character, contribution and goodness.

Once again, congratulations on this important step towards achieving the level of health and well-being you are seeking.

If you have any questions regarding your order, please feel free to write us at:
Support@NeilMD.com

Wishing you all the very best in health and healing.



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