

At a Journal Workshop: Writing to Access the Power of the Unconscious and Evoke Creative Ability

Ira Progoff



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At a Journal Workshop: Writing to Access the Power of the Unconscious and Evoke Creative Ability Ira Progoff What would you like your life to be?

Ira Progoff's Intensive Journal Process combines one of the oldest methods of self-exploration and expression--keeping a journal--with a structured format that enables you to get to know the inner core of your life on ever-deeper levels and gain a fuller perspective on where you are. The Intensive Journal Process also empowers you to take the action necessary to change the course of your life and unlock your hidden creative potential. This rich, insightful work is a treasure for all those involved in self-inquiry, artistic creation, and spiritual renewal.

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