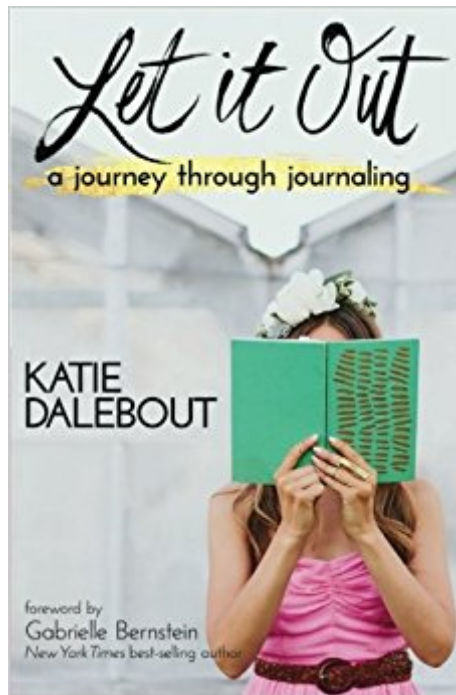




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# Let It Out: A Journey Through Journaling



## Synopsis

You want change. Maybe your career isn't what you thought it would be . . . or your relationships aren't what you had hoped. Perhaps you have a grand vision for your life but not the smallest clue on the steps to get there. Whether you've read the entire self-help section of the bookstore in vain or feel completely stuck on where to begin, you wish you had someone to hold your hand and guide you. You do. And it's only a blank page away. In *Let It Out*, millennial blogger, speaker, and podcast host Katie Dalebout shares the transformative practice that will rocket your life to the next level—journaling. Discovering in her darkest hours that a journal is the greatest tool in finding your purpose, healing yourself, and creating the life you most desire, Katie has assembled the remarkable tools and insights that will elevate your life and get you “unstuck” for good. And don't worry—you don't need to be a writer! Journaling is simply a method of coaching yourself through your “stuff” and letting it out on the page, unclogging your mind from years of destructive thoughts. In doing so, you step into a position of unsurpassed clarity. Packed with journaling exercises, prompts, and techniques that can be done anywhere and in any order, this interactive guidebook offers you a new way to navigate your daily life, cope with stress, and create exciting, permanent change. Divided into seven sections covering everything from clearing clutter to finding presence to cultivating abundance to moving beyond fear, this book will be your new best friend and coach anytime you seek clarity or crave solace. Simply grab a pen, open your journal, and prepare to let it out.

## Book Information

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## Customer Reviews

Through her writing, podcasts, videos, and courses, millennial blogger, speaker, and podcast host Katie Dalebout curates inspired wisdom that guides people to go deep and sift through the thoughts clouding their minds. She's a regular contributor to Refinery29 and MindBodyGreen, and her work has been featured in Teen Vogue, Yahoo! Health, and The Daily Mail. In 2013 Katie launched the weekly interview podcast WWRadio, which attracted wellness and lifestyle celebrities such as Gabrielle Bernstein, Tara Stiles, and Joe Cross in its first few episodes. Katie helps people develop a positive image of their bodies through embracing their creativity and personality outside of their physicality, and she's on a mission to share journaling tools that invoke deeper authenticity and true self-acceptance. If you'd like more inspiration from Katie, visit her in Wellness Wonderland at [www.katiedalebout.com](http://www.katiedalebout.com) or follow her on Instagram, Facebook, Twitter, and YouTube: @katiedalebout. ã ã

Anyone who is interested in journaling, self-help, mindfulness, or just has the desire to get to know themselves better should absolutely pick up this book. I am so enjoying working my way through Katie's exercises. They are thought provoking and range from more light hearted topics to serious self discovery, and you can work at your own pace. I know this is a book I will turn to for a very long time. Katie has helped me to fall in love with journaling, and to take the practice to a whole new level. Highly recommend!!!!

Okay. So let me be clear: I don't like journaling. I'm recovered from an eating disorder, and I know that everyone and their mother's therapist says that journaling is the thing to do if you want to get/stay recovered, but I've always found it to be tedious at best and actually triggering at worst. So even though I know Katie and know how absolutely wonderful she is as a human being, I was nervous about a book about journaling. I WAS WRONG. Holy cats, y'all. This book. I have no words and so many words. This isn't the "go sit with your ugly thoughts and roll around in them for a little while" journaling that I did in my past. This is the kind of forward-thinking, progress-making, solutions-oriented journaling that I wish I had been exposed to in the past. With tons of prompts that you can turn to at any time and really clear guidance for writing through them, you WILL be able to start learning how to ask yourself the right questions that will lead you toward healing and clarity. Believe it or not, I went out and bought a notebook and got started the day after I read this. I'm recommending it to my podcast listeners/blog readers, and we're "reading" it in my book club this month (it's not so much a narrative as a tool, but I think that it's worth spending some time on and discussing). Honestly, I think that if you're looking for one self-help tool that can kickstart your

journey toward recovery, this one is the one you should check out.

Love love love this book! Right from the start, Katie's voice comes through as she shares her experiences with journaling. I feel like I am hanging out with a friend who is cheering me on to be my best self as she explains each journaling exercise. This book could not have come into my life at a better time. I am currently uprooted from my home for an extended period of time. At the same time, I am trying to take care of my family and write my book. It is so easy to become sidetracked by life's curveballs. But Let It Out has helped me stay focused on my dreams and my authentic self. I like the Morning Dump exercise, especially the visualization/let it go parts. I love the Self-Care Weekly Outlet tool, and cannot wait to try the New Moon Manifesto tool. I am so grateful for this book!

I've been enjoying this book a lot! It's actually a little different than I thought it would be, in a good way. It uses "journaling" as a tool to get out of various ruts, or create positive changes. I thought it might be more like a "prompt" to get out feelings, but I was pleasantly surprised that it is more like an adventure for the mind. I'm writing about things I never really thought about, and in ways I've never tried. Pretty cool!

This book is truly amazing and just the beginning of the journaling revolution in self-help books! Katie's story is amazing in seeing how journaling transformed her own life. In her book, she outlines a variety of simple, self-discovery journaling exercises that really help you to get to know yourself on a whole new level and dig deep into your struggles and your purpose. I loved all the exercises and have seen the power of journaling in my own life. If you are a 20-something or really any age you find yourself in a place of self-discovery and truly finding yourself and your place in this world...I highly recommend this book. Or even if you have always wanted to become a journaler! Let Katie's story inspire you and inspire yourself by taking this journey through journaling. Major props to this book and definitely check out Katie's podcast if you love the book!

Katie, thank you for your honesty. Thank you for your willingness to grow and share in front of your audience. Thank you for putting my feelings into words in your podcast and thank you for giving me the courage to write my thoughts through the gentle nudges in your book. Heads up....I recommend purchasing the actual book because it is a reference tool that you will use very often. When a suggestion is made.....I actually do the activity when recommended. I started my Joy Jar today! Katie,

your light is felt not only in your voice, but in your written message. Your tribe of friends that you mention are amazing as well. I am so glad you decided to not be with the "cool kids" anymore. I would strongly encourage anyone with an active mind to purchase this book. We sometimes get those clogged pipes that need to be cleared out. There is so much more that is right with us than wrong with us. Katie helps you see that.

After listening to a talk with Katie Dalebout as part of the Hay House World Summit 2016 I decided to purchase this book for my kindle. The first part of the book is written in honestly, sharing stories and methods that illustrate the benefits that can be achieved through the practice of these journaling exercises. It was a delight to read through and it is hard not to get caught up in the excitement of the author. The exercises to follow are simple to follow, useful and although I have just begun to use them, I can see how beneficial they are and will continue to be. Whether you are hoping to improve your writing ability and practices, you are using journaling as a therapeutic tool or are aiming for something else altogether, this book and the instructions within will prepare you for progress and get you well on the way. Oh, and it's super simple to follow!

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