



In Challenging Times, Creativity Expert Helps People Tap their Inner Resources for Positivity, Wellbeing, Connection and Growth

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- Pandemic upended our lives (a Harvard study shows 55% reported an increase in stress; 1/3 of Americans show signs of anxiety/depression).
- Americans are actively seeking ways to calm down, enjoy life, find fulfillment and pursue purpose during these turbulent times.
- Enter, the journal—an easy tool proven to boost mood and decrease depression—updated for our times with QR codes to interactive videos, meditations and community.

Lisa Tener's ***The Joy of Writing Journal: Spark Your Creativity in 8 Minutes a Day*** offers readers the wellness benefits of journaling and community to combat the isolation and doldrums that many experience. Alongside a spectrum of experts in positive psychology, health, the arts, wellness and creativity, readers will access their inner resources for positivity, insight and joy.

Inspiration for this book & the Joy of Writing movement: Creativity Expert and award-winning Book Coach Lisa Tener has lived through challenging times—a mysterious 10-year illness, a fulfilling but exhausting nonprofit directorship, and going into debt when her first son was born. “With each challenge, creativity and journaling provided solutions. These practices renewed my health; transformed me into a published author and successful book coach (which paid off my debt) and inspired a 6-figure business. Through that business, I have guided many now-published authors and bloggers to access their creativity.”

When the pandemic hit, Lisa’s journaling practice expanded to multiple journals for dreams, creativity, book ideas and personal growth. Journaling made this challenging time rich with inner growth and creative projects. Says Lisa, “Once again I witnessed the power of journaling, which inspired a new project—a simple journal to uplift, spark creativity and help readers find fulfillment. QR code technology makes it possible to connect readers to meditations and fun videos at the start of each prompt, combating the isolation that many people now experience.”

The Joy of Writing Journal stimulates imagination and happiness. It offers:

- A path for self-discovery
- A tool to strengthen your writing or journaling practice
- Ways to generate new material for a blog post, short story, poem, essay, or a book
- Or simply a means to have fun

Benefits of Journaling:

- Extensive research shows that journaling supports wellbeing and happiness.
- Journaling helps you solve personal and professional problems.
- Writing daily builds confidence.
- Consistent writing helps you complete projects and impact others.

Features of *The Joy of Writing Journal*

- Fun lists and prompts that make it easy to generate material.
- 30 Day format to create a new habit.
- Video: Each day begins with a short inspiring video (or meditation) to connect readers with a community of writers, journalers and experts. Readers can easily scan QR code with a phone to watch/listen, a powerful antidote to rampant feelings of isolation.



About Lisa Tener

Lisa Tener is an award-winning book coach, creativity expert and founder of *Bring Your Book to Life®*. Whether teaching an intimate retreat, leading a lively Zoom writing session, sharing tips on national TV or inspiring hundreds of health practitioners in a filled-to-capacity conference center, Lisa is known for her ability to help people enter a state of creative flow and bring forth their best life and work. For over a decade Lisa has taught on the faculty of Harvard Medical School's publishing course. Her new book, ***The Joy of Journaling: Spark Your Creativity in 8 Minutes a Day*** is a **#1 / #2 Hot New Release** in **5 Amazon categories** including **Guided Journals**. And a **#1 / #2 Amazon Bestseller** in **3 categories**, including **Journalism Writing Reference**.

Raves for *The Joy of Writing Journal*

"If anyone can spark your creativity, seed your joy, and help you cement a writing habit, it's Lisa Tener." — From the Foreword by Carrie Barron, MD, Author of *The Creativity Cure*, Director of Creativity for Resilience, Dell Medical School

"*The Joy of Writing Journal* consolidates Lisa's expert advice and creative support in an accessible, engaging, and enjoyable guide that is a valuable resource whether you are journaling for personal wellbeing or using the prompts to build your muscles as a writer." — Jon Lieff, MD, author of *The Secret Language of Cells*

"Lisa Tener is a brilliant facilitator who helps make sitting down to write breezy and fun. *The Joy of Writing Journal* will help you slip past the gnarly gates of resistance and into the garden of words and joy." — Tama Kieves, bestselling author of *Inspired & Unstoppable*

#JoyofWriting