



# A Creative Guide to Exploring Your Life: Self-Reflection Using Photography, Art, and Writing

*Graham Ramsay, Holly Sweet*

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## **A Creative Guide to Exploring Your Life: Self-Reflection Using Photography, Art, and Writing**

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An award-winning psychologist and professional photographer join forces in writing this unique creative guide to exploring and understanding your life: who you are, what you value, and what you wish to achieve.

A Creative Guide to Exploring Your Life brims with imaginative exercises and examples that use the power of photography, art, and writing as tools for self-discovery. It provides clear and accessible guidance on how to explore different parts of your identity: take a photograph of yourself in a role you don't typically play, draw a visual timeline of your life and consider its key turning points; explore your sense of place in history by writing about a major historical event that has changed your life. Exercises are accompanied by searching questions for self-reflection, and are complemented by examples of each exercise to provoke ideas and inspiration.

Featuring additional guidance for teachers, counselors, and other professionals running the exercises in group settings, this book offers a dynamic and enjoyable way for you to explore different aspects of your life.

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