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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

Journaling for Health: Five Techniques for Wellness

By Patti Testerman

Journaling for Health: Five Techniques for Wellness

by: **Patti Testerman**

2. Write about the issues that are most impacting your life today, particularly any health concerns.

Finally, re-read your journals on a consistent basis, looking for self-defeating or negative patterns.

Patti Testerman is content manager at

JournalGenie.com

, the only online site that analyzes your

patti@journalgenie.com

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