



The Writing Cure: How Expressive Writing Promotes Health and Emotional Well-Being

Joshua M. Smythe

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The Writing Cure presents groundbreaking research on the cognitive, emotional, and biological pathways through which disclosure and expressive writing influences mental and physical health. Although writing has been a popular therapeutic technique for years, only recently have researchers subjected it to rigorous scientific scrutiny and applied it to persons suffering from physical illnesses such as cancer and hypertension. Contributors present cutting-edge findings on expressive writing and health outcomes and point students and scientists to new avenues of research. The volume is rich in illustrations of clinical applications for this technique and it provides examples of how expressive writing can improve the immune system and lung function, how it can diminish psychological distress and enhance relationships and social-role functioning. It also includes discussions of alternative writing intervention formats, including workbooks and the Internet. Featuring a revealing epilogue by James Pennebaker, one of the pioneers of expressive writing intervention, this volume will be of interest to researchers and practitioners who explore and work with expressive-therapy techniques.

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