

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



HEALTH & WELLNESS



Breast Friends Cancer Support Network

Helping women survive
the trauma
of cancer ... one
episode at a time.



With host
Michelle Beck
www.breastfriends.org

Breast Friends Cancer Support Network
Wednesday at 9 AM Pacific
October 16th 2019: Journaling as a Tool for Growth

Join us as our guest, Marni Amsellem, PhD, Provides an introduction to journaling as a tool to help you reflect upon, learn from, or record your cancer or survivorship journey. We will discuss some well-established benefits of journaling, as well as how to start and how to create a journaling practice. Marni has been a guest on our show twice before.



<> GET CODE

Tune in

Wednesday at 9 AM Pacific
Time on VoiceAmerica Health
and Wellness Channel

[LISTEN LIVE](#)

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

Questions? Comments?
Call In Live! Call-In
Toll Free: 1-866-472-5792
Intl: 001-480-553-5759

Featured Guest



Marni Amsellem, Ph.D

Marni Amsellem, Ph.D. is a clinical psychologist in private practice and an author. Her area of specialty includes supporting individuals and caregivers affected by cancer. Dr. Amsellem's broader practice as a health psychologist affiliated with a medical center includes working with individuals and groups who are adjusting to transition, medical diagnoses or health-related challenges, and/ or are looking to build their coping skills and resilience.

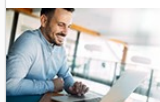
[Read more](#)

Share This Episode



Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

VOICEAMERICA BLOG