

New Book, 'Exploring Me: A Guided Journal for Self-Discovery and Creative Expression,' Mends Journaling and Coloring to Inspire Self-Care

LOS ANGELES, April 27, 2021 (NewsWire.com) - As more and more people seek methods of self-care in these unprecedented times, writer Mara Krausz is sharing unique ways to do just that through her new book, "Exploring Me: A Guided Journal for Self-Discovery and Creative Expression" from Marluna Press. Melding journaling, coloring, and thought-provoking writing prompts, the book features simple ways for readers to de-stress and discover new things about themselves in an interactive way.

Journaling and coloring are simple self-care activities that have been shown to be beneficial. According to a 2020 Harris Poll, 80% of participants intended to be more mindful about regular self-care practices after the pandemic, and 35% reported practicing more creative activities now.

"We all agree that self-care is important but actually doing it is another story. I wanted to create something that could be helpful and healing from the comfort of home," said Krausz, a former chocolatier turned writer, based in Los Angeles.

Krausz saw how she and others were becoming introspective to deal with the stress, uncertainty, and isolation of the past year. The book became a way to contribute and connect. "You can go through the book on your own or with friends and family, be it over video chat or in person."

Studies have shown that journaling reduces stress and increases well-being. Taking pen to paper helps to express your thoughts, make new discoveries, and process emotions.

"Exploring Me" is a simple approach to journaling and self-reflection. Krausz' writing prompts take away the stress of figuring out what to write about and provide an easy-to-follow structure. They're also crafted to inspire new ideas and reveal perspectives readers may not have considered otherwise.

"For me, the beauty of a journal is that it gives you the space to make your own discoveries without



being rigid about how to do it," Krausz added.

Coloring also reduces stress and anxiety, as shown in studies. It helps to quiet the mind, increase focus, and spark creativity. Plus, it's a fun, nostalgic, and easy way to get these benefits. "Exploring Me" features whimsical illustrations of animals, nature scenes, and cafés by Madalina Tantareanu.

"Exploring Me" brings the complementary benefits of journaling and coloring together in a single book. As you color, worries and concerns of the left brain quiet, and realizations, discoveries, and intuitions uncover as you turn to the introspective writing prompts.

"Exploring Me" is available at BarnesandNoble.com and Amazon. More information about Krausz can be found at www.MarlunaPress.com and about Tantareanu at <http://www.MadalinaTantareanu.com>.

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