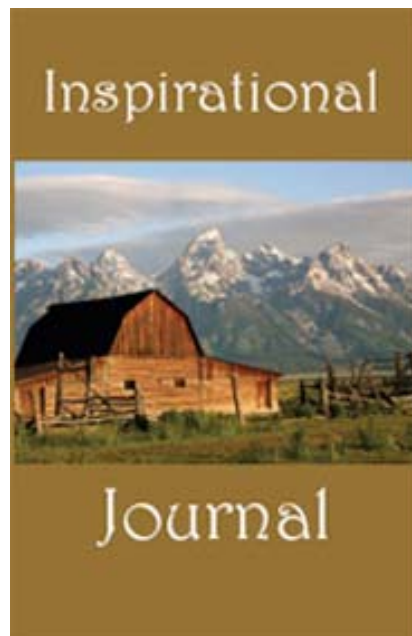
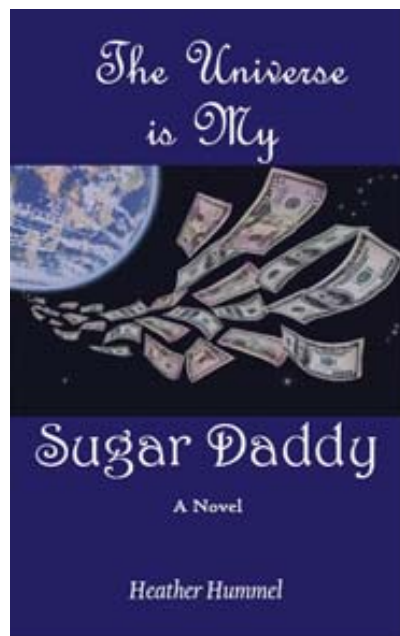


The Universe Is My Sugar Daddy

A 6-Week Online Journal Writing Class

Taught by Award-Winning Author

Heather Hummel



COURSE OVERVIEW

If a man's best friend is his dog, a woman's best friend is her journal.

Journaling is a form of expression that is seeing an overwhelming resurgence in popularity. Partially due to Oprah's "Gratitude Journal" and partially because of the ideas put forth in all of the Law of Attraction based books and DVDs that are encouraging people to write down their goals, gratitudes, and desires.

The designs of journals have also come a long way since the simplicity of the ones our mothers and grandmothers wrote in. From traditional leather to handmade and personalized ones, nowadays journals are clothed in more creative and interesting outerwear. Yet, these new sparkling, smooth, colorful designs are only the exterior. What really matters, just as with our own being, is the essence of the interior, what one writes on the pages within. And still, even with the rebirth of the art of journaling, there are journal writers who struggle with both the act and the art of journal writing. THE UNIVERSE IS MY SUGAR DADDY ONLINE JOURNAL WRITING CLASS guides, inspires, and coaches students down the path of journaling.

Through THE UNIVERSE IS MY SUGAR DADDY ONLINE JOURNAL WRITING CLASS, award winning author Heather Hummel, guides students through the art of journaling. With detailed how-to lessons, inspiring prompts, and a safe sharing (always optional) environment that allows students to understand the difference between "venting" and positive journaling writing to create the goals and dreams of their lives.

The classic act of journaling is reinvented through this course. Old habits are challenged and new ones developed. The outcome for the students is not only new and in-depth knowledge on *how* to journal, but it guides readers through how to break down the barriers of "writers block" and open up their minds to a world of creativity, appreciation, gratitude, and dreams.

This class is taught on a rolling basis, which means new people are signing up every week. It is implemented via online methods – e-mails, links, etc. Sharing among other participants is encouraged, but not required. The purpose is to provide a method of journaling that promotes emotional healing and bettering the lives of the participants. Each participant will achieve their own level of success and get out of it what they are meant to from the experience. The sharing of experiences sets examples for one another as well. Enjoy the journey!

THE UNIVERSE IS MY SUGAR DADDY ONLINE JOURNAL WRITING CLASS Weekly

Outlook:

Week 1:

- Celebrates the written word in the most personal form.
- Explains the benefits of journaling the *positive* aspects of life.

Week 2:

- Encourages students to experiment with different entries and habits.
- Students create an inviting, personal writing environment.

Week 3:

- Provides useful lessons on staying committed to journaling without pressure.
- Gives suggestions for finding time in a busy day to journal.

Week 4:

- Explores the difference between journaling and creating vision boards, as well as how the two concepts work together beautifully.
- Releasing the guilt if you don't have time to write every day.

Week 5:

- Integrates prompts that jumpstart students' minds to prevent writer's block.
- Encourages students to reflect on old entries—to understand how those entries influenced current outcomes.

Week 6:

- Explores the spiritual connection of body, mind, and soul and how journaling influences this relationship.
- Encourages students to treat journaling as a friend for life.

THE UNIVERSE IS MY SUGAR DADDY ONLINE JOURNAL WRITING CLASS encourages students to take a close look at their journaling history—to revisit their old journals, if they have them, and consider what they have written in the past in relation to the way their life has unfolded.

Additionally, THE UNIVERSE IS MY SUGAR DADDY ONLINE JOURNAL WRITING CLASS provides students with guidance in the following areas:

- Writing the first, and often the most intimidating, entry.
- Creating and maintaining the habit once developed.
- Keeping a family journal (spouses and families can journal together).
- Ways to inspire teens to journal as a healthy release.



ABOUT THE INSTRUCTOR

Heather Hummel is an award winning author whose works include:

Gracefully: Looking and Being Your Best at Any Age (McGraw Hill, 2008)

- Merit Award of the 2009 Mature Media Awards

Through Hazel Eyes (PathBinder Publishing, 2008)

- 1st Honorable Mention of the 2009 New York Book Festival

The Universe is My Sugar Daddy (PathBinder Publishing, 2009)

Heather has been a guest author to a variety of audiences, including Victoria Moran's radio show, "A Charmed Life." Heather and/or her books have appeared in newspapers such as: Publishers Weekly, USA Today and the Washington Post; and in magazines that include: Body & Soul, First, and Spry Living—a combined circulation of nearly 15 million.

Heather is a writing coach and writing workshop administrator for aspiring writers both independently and through Barnes & Noble. A graduate from the University of Virginia, Heather holds a Bachelor of Interdisciplinary Studies degree and is working toward a Ph.D. in Metaphysical Sciences. Visit Heather's website at www.heatherhummel.net

Now in her forties, Heather has kept journals since middle school and still has each one. A graduate with high distinction from the University of Virginia where she holds a Bachelor of Interdisciplinary Studies degree with concentrations in English and secondary education, Heather is currently working toward a Ph.D. in Metaphysical Sciences.

Join the THE UNIVERSE IS MY SUGAR DADDY ONLINE JOURNAL WRITING CLASS 6-week online-class and see what unfolds in your own life!

SIGN UP NOW!

<http://www.pathbinder.com/theuniverseismysugardaddy.com/onlineclass/TheUniverseIsMySugarDaddyOnlineJournalWritingClassInfo.pdf>

\$75.00 – Visa/MasterCard/Amex/Checks accepted

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