



## Let It Out: A Journey Through Journaling

*Katie Dalebout*

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You want change. Maybe your career isn't what you thought it would be . . . or your relationships aren't what you had hoped. Perhaps you have a grand vision for your life but not the smallest clue on the steps to get there. Whether you've read the entire self-help section of the bookstore in vain or feel completely stuck on where to begin, you wish you had someone to hold your hand and guide you.

You do. And it's only a blank page away.

In ***Let It Out***, millennial blogger, speaker, and podcast host **Katie Dalebout** shares the transformative practice that will rocket your life to the next level—journaling. Discovering in her darkest hours that a journal is the greatest tool in finding your purpose, healing yourself, and creating the life you most desire, Katie has assembled the remarkable tools and insights that will elevate your life and get you “unstuck”—for good.

And don't worry—you don't need to be a writer! Journaling is simply a method of coaching yourself through your “stuff” and letting it out on the page, unclogging your mind from years of destructive thoughts. In doing so, you step into a position of unsurpassed clarity.

Packed with journaling exercises, prompts, and techniques that can be done anywhere and in any order, this interactive guidebook offers you a new way to navigate your daily life, cope with stress, and create exciting, permanent change. Divided into seven sections covering everything from clearing clutter to finding presence to cultivating abundance to moving beyond fear, this book will be your new best friend and coach anytime you seek clarity or crave solace.

Simply grab a pen, open your journal, and prepare to let it out.

## Let It Out: A Journey Through Journaling Details

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Author : Katie Dalebout

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## From Reader Review Let It Out: A Journey Through Journaling for online ebook

### Lauren says

ok, honestly, I didn't "finish" this book...it's not really a book you sit down and read cover-to-cover. I skip around through it, picking and choosing exercises to use while journaling. I like the exercises and prompts a lot, but the author's perpetual perkiness sometimes grates on my nerves.

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### Miri says

Yikes, okay. It's going to be difficult to unpack my exact opinion on this book, but here goes.

For starters, here's something I didn't realize going in: this book is written from an explicitly religious perspective, and is published by a company that specializes in books with this particular perspective. That religion is New Age (or "New Thought," as they appear to call it), and therefore this book is chock full of terms like "manifest," "the Universe" and other things that would normally have me chucking a book straight out a window, except most of the journaling exercises were pretty good (more on that in a moment).

The author would probably object to my characterization of this book as a religious book, but these types of folks always do. Here's the thing: you can't just write shit like "Manifestation is strongest within the first eight hours immediately following the new moon" and just, like, leave that there like that with no evidence. I mean, of course there's no evidence. Because it's bullshit. "The Secret" and "The Law of Attraction" are superstitious, hackneyed bullshit. If that's all it were, I wouldn't really care enough to write a review about it, but unfortunately this shit is actually harmful. For starters, it exploits people--mostly low-income people--without much hope or prospects into spending money on all of this woo-woo healing crystals magical energy tapping bullshit. Furthermore, it's straight-up victim-blaming. If you're poor, it's because you were too sad about being poor and didn't "manifest" a random \$1,000 check into your life (it's always random checks/internet deposits with these people). If you're single and unhappy about that, it's because you haven't "called in" or "attracted" The One, because you were too sad.

So, fine, these are the author's religious beliefs. Plenty of people have religious beliefs, such as "Jesus died for our sins and was resurrected" or "the one true god is Allah" or whatever. But see, those books get shelved, appropriately, in the religion/spirituality section. Books like Let It Out, with their own underlying religious ideology that's just as toxic (if not more so) than traditional religions, somehow end up in "Self-Help," making unsubstantiated claims about "tapping," "manifesting" and "positive energy" that not only have no basis in fact, but can't even defend themselves as coming from an ancient text.

And unfortunately, that's not entirely irrelevant to the actual meat of the book, which is the journaling exercises. I noticed midway through that even the exercises that have you noticing and reflecting on negative/painful thoughts and feelings usually end on some sort of positive note, and any exercise that focuses on what's keeping you from doing something you want to do inevitably ends with finding a way to do it anyway. (No, for the last time, I'm not going to just quit my day job and start my own business and "manifest" the money and clients I'd need.)

And by the end of the book I realized why this is: because Dalebout literally believes that if you think too

much about negative things, you "attract" those negative things into your life. So even if you create some space for feelings like sadness and fear, you still need to make sure to balance that out with the positivity you're trying to "attract." As a licensed therapist: bull-fucking-shit. You're allowed to feel your feelings. You're allowed to write a journal entry that's JUST sad or angry. You don't owe "the Universe" any kind of positive twist. "The Universe" isn't going to "manifest" a new medical crisis into your body just because you thought about your existing medical problems.

It would be easier if I could just give this book one star and have done with it, but the thing is, the majority of these journaling exercises are really good and are based (whether the author realizes it or not) in sound, evidence-based psychology. There are even some excellent practical prompts, such as a meal planning technique that helps those of us who prefer to practice intuitive eating as opposed to sticking to a rigid meal plan. So if you can get past the fact that the author is essentially (whether she'd see it that way or not) shoving her religion down your throat, I think you can genuinely get a lot out of this book.

By the way, here's an article about the history of "New Thought" and why it's so fucking toxic:  
<http://theconversation.com/why-you-sh...>

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### **Anne D. says**

THE self-help book I would recommend. It is short, to-the-point and prompts to action (because let's be honest, just reading a book won't make a big difference in your life if you do not apply anything in real life). I keep coming back to it. Katie is a real inspiration and has the genuine intention for the reader to get the most out of their lives.

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### **Krista Lynn says**

Let it Out is not a book of journal prompts, but a book full of ideas and techniques to may help a person get more in touch with their feelings, thoughts, hopes and desires.

Let's be honest, I didn't read this book cover to cover. It is the type of book that I like to flip through, skim and really read the parts that drawn me in. That being said, I really enjoyed this book on journaling. I highlighted the crap out of it and jotted down many notes in my own journal. Katie has some a really great take on keeping a journal. While I do not think that all of her ideas or prompts will fit into my life or the way, I prefer to keep my journal, there is still quite a lot I took away from this book and have and will add to my journaling arsenal. There is a little bit here for everyone! I recommend this book for those who want to start journaling as well as those who have been journaling for years.

I received my copy off Let it Out through Netgalley in exchange for an honest review.

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### **Jacqueline says**

I'm a social worker and I'd hoped that I'd find something to bring into my work with clients, if not for myself. I learned nothing. This might be better for a teenage audience

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### **Kristi says**

Loved this book and the sweet heart of the writer. I love journaling and how found it so helpful for therapeutic uses. This book gives wonderful prompts and ideas on how to work stuff out through the art of journaling.

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### **Alexandra says**

I'm glad I was able to read this book through NetGalley and give an unbiased review. I enjoyed this book tremendously; it showed up in my life at exactly the right time. While this isn't a book that you just sit down and read, I did enjoy the anecdotes and pieces of Dalebout's life that she shared with the reader. This is one that I would love to have on my shelves to come back to later to remember a specific writing prompt or to even use it as inspiration in my classroom. While it is geared mostly toward 20 and 30 something women, I think anyone could benefit from her writing ideas.

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### **Irene says**

In LET IT OUT the author has written helpful book that provides insights and powerful usable exercises to better understand yourself and your fears and desires. The author also includes exercises to work with when trying to make a decision or commitment or when you are just plain "stuck". The author has an easy to read, reliable style which is both empowering and encouraging.

Thank you to the publisher, author and NetGalley for the opportunity to preview the book.

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### **Franzi says**

I really liked it, very outcome focused journaling exercises and a lot of them. (I think 70+ if I remember correctly?!) Perfect for a beginner who is overwhelmed by the blank page but also great for people who want to work on for example overcoming procrastination, negative thoughts, trauma or all kinds of things that keep the head spinning and influence our lives in negative ways.

The exercises are categorized and this way easy to find again later. It's definitely a work book, you have to work through those exercises, not just read through it once and be done with it. I will come back to it and try out different things in the future.

Also, I incorporate it into my Bullet Journaling which works really well. I make up my own symbols for prompts I use often.

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### **Marie says**

This self-help book written by 22 year old blogger & yoga instructor, Katie Dalebout did not strike me as original or provide as much insight as I would have hoped. The first 20% of the book is about the author and how she won a contest with her book idea that she flippantly submitted after attending a conference made up of several of her favorite self-help authors. Then, it goes into tips about journaling to improve your life: organization, outlook, body image, finances. It emphasizes forgiveness, gratitude and creativity all of which I think are great. My problem with this book was that it was the perspective of a 22 year old and the advice seemed geared towards young women in their late teens or 20s. One tip I will likely use going forward is to awaken 10 minutes earlier in the morning to take time to visualize the day and perhaps set an intention. I feel like I do try to do this already, but it's easily forgotten.

Thank you to netgalley and Hay House Publishing for an ARC of this book, it just wasn't for me. Perhaps for a younger reader, looking for self-discovery and/or working through issues such as break-ups and body image issues, it might provide some helpful tools and insights.

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## **Maggie says**

Before I read this book: Why on EARTH would I listen to advice about journaling from a 22 yr. old?

After I read this book: Wow, she's write, err... right.

Let It Out by Katie Dalebout focuses on journaling, and not your Dear Diary, pre-teen "I have a crush on this boy" journaling, but the journaling of life. Most importantly, your life. As a high school English teacher, there's nothing more joyful, more heart-warming than the orchestral groans of thirty teenagers when I utter the words, "Let's WRITE today!" When asking teens why they hate to write, the answers are usually 1: It takes too long. 2. I have nothing to say. 3. My hand hurts. While I can't help the inevitable carpal tunnel that is the demon of English, I can alleviate the first two. Dalebout's book delivers the same, on a unique, easy to follow, spiritual level. For adults, for teens, men, women, old young.

The beginning reads as a get-to-know-you of Katie (I feel I can call her Katie after this journaling journey. We're on a friend level now, yo) and what drew her to writing. This is the portion where I wanted to draw a skeptical eye to discover why this young person with half my life's experience is qualified to dish ME advice. There's always something about reading how others flourish that angers the self-help reader. The fact is – the author has figured it out. You're reading the book because you haven't. Sit tight, hot mess. This young 'un has something to say that might pique your brain taters.

What's magical about this section was that I found myself nodding. I've experienced "aha" moments in life. I've faced adversity. Instead of critiquing her 1990 birthdate, I accepted that she was lucky to discover herself at an early age. Katie's struggles include bullying and (poignantly) an eating disorder, as well as universal, been-there-done-that angst of the early 20's "finding yourself" period after college and the stress of finding a job and feeling confident and secure in that position.

I would recommend this book to anyone going through a difficult time – one of change or adversity, or even upon something exciting like receiving a promotion. The psychology of adjustment exists for a reason, change is problematic. Through journaling, Katie illustrates ways to cope. I also recommend this to teachers of English looking for interesting prompts for classes in order to answer the "I have nothing to say" students. As I tell my students – you are the only you. I can't write you. Write like you have something you want to tell the world about you. These prompts, with some small adaptation for some would work extremely well.

Perhaps my only constructive critique is that I thought some parts overflowed into the realm of flaky, such as suggesting that one can cure acne either holistically or through Western medicine by simply believing in a method. The likelihood is that by relaxing and letting go of anxiety, stress is decreased, and thus the body reduces acne-causing chemicals. The suggestion would be insulting to someone with a serious disease such as cancer, that by mere belief, a cure is imminent. Certainly the medical community would provide proof that mere belief isn't always enough.

However, if the reader can overcome some metaphysical slant, the journaling itself can prove vastly therapeutic and the exercises are enjoyable, revealing, and often at times, revelation-provoking.

Thank you to NetGalley and Hay House for a copy of this book in exchange for an honest review.

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### **Jimena says**

OK, I didn't read the whole book. Just skipped to whichever exercise grappled my attention. I'm not new to journaling, and I found exercises that helped me deepen my thoughts through writing. This might not be a book if your new to journaling, it's not a "getting started with journaling" kind of book, which I expected it to be. If you want to deepen or refresh your journaling time, this is definitely a book for you! I'll keep using some of the exercises.

*Thanks to Netgalley and Hay House for providing a copy.*

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### **Ashley says**

An easy, practical guide to starting journaling. The introduction was very helpful with setting the reader up for success when beginning a journal. I enjoyed the tips and techniques provided and am looking forward to rereading this guidebook and trying out the different techniques for letting out thoughts, emotions, and clearing my head. Thank you to NetGalley and the publisher for the advanced copy!

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### **Karen says**

A book all about journaling exercises? Yes, please! I have long been a journaling enthusiast. I have even previously written about some of the journaling exercises I use on a regular basis. So when I heard about Katie Dalebout's new book, Let It Out, I knew I had to check it out.

The book contains 55 different journaling exercises that you can use in various life circumstances. The tools span everything from increasing focus to overcoming key limiting beliefs that are holding you back from accomplishing what you want to in life.

Read full review at <http://haveanamasteblog.com/2016/05/b...>

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## **0lly says**

"When I was a teenager, I got bullied on Facebook" - a sentence like that just makes you wait for the trainwreck to come...

- try writing down your dreams
- try writing on real paper for once

This may have worked if given a title like "An Introduction to Journaling for School Girls", but trying to sell a 22 year old as a new self-help guru to an adult audience was a really bad idea.

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