



That Is Greek to Me Journal: Change How the World Sees Greeks How You See Yourself

By Leisa Hunter Smith

Ladbroke Grove Press, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Sorority Sisters Fraternity Brothers Unite! Sororities and Fraternities enhance and change lives. Each member represents Greek Life to communities. What message are YOU sending out? Through this workbook-journal, sorority and fraternity members begin to explore what being Greek means to them, clarify their values and reasons for joining this community, and learn as we begin to change ourselves, we change the stereotypical perceptions held by the non-Greek population. As a bestselling author and former counselor, she believes that writing your thoughts down is fundamental to changing them. Through writing, you begin to recognize patterns and transform longstanding and perhaps not so useful habits. You then can ask yourself why you make the choices you do. And then in turn question the faulty stories you carry around and create new ones, reinforcing good ideas and healthy alternatives. Journaling is ultimately the task of discovering and developing what you think and how you act. There could hardly be a more important personal goal, as individuals and as members of the Greek Community. Author Leisa Hunter Smith has served...



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