

Understanding YOURSELF

Inspirational, Educational Viewing For The Whole Family

(NAPSA)—In these days of blogs, IMs and the like, many Americans have discovered the delights—and insights—of keeping a handwritten diary.

The simple act of writing down thoughts can help people get a better perspective on their true feelings, which, in turn, may help them to make better decisions.

Keeping diaries is an important part of an intriguing new movie, “Freedom Writers,” starring two-time Academy Award® winner Hilary Swank and a phenomenal cast of first-time actors in an emotionally stirring film inspired by real events.

The movie portrays the story of Erin Gruwell, a high school teacher in Long Beach, Calif., who encouraged her class of at-risk students to leave the gangs that divided them and the educational system that failed them and to tell their stories in their own words. The journals the students were inspired to write ultimately became the book “The Freedom Writers Diary.”

The film features an outstanding cast of young actors, many of whom grew up surrounded by gang violence and were able to



An inspirational new movie shows how keeping a diary can be a good way to gain a better understanding of yourself and the world around you.

draw on their own experiences on the street to portray Gruwell's students with gritty authenticity.

“Freedom Writers” is now available on DVD from Paramount Home Entertainment and includes behind-the-scenes featurettes on the making of the film as well as the real-life Freedom Writers and their experiences.

Watching it with your family might just inspire you to write your own diary and maybe even get it published one day.

You can learn more online at www.paramount.com.