



Name

Professor's name

Course

Date

SAT Essay

In his article “The Power in Writing about Yourself,” James Hamblin persuasively argues about the health benefits of Emojary, a journaling app. The author makes his argument convincing by successfully using ethos in the form of referring to scientists as authoritative sources and logos in the form of citing statistics and facts.

James Hamblin demonstrates efficient usage of ethos in his article by referring to authoritative and reputable scientists, Qian Lu and a team whose 1999 article was published in the *Journal of the American Medical Association*, to support his argument. As the author explains, Qian Lu is “director of culture and health research center at the University of Houston” (Hamblin par. 6). Hamblin cites her research which reveals that journaling is beneficial for health. Qian Lu’s specialization and impressive credentials make her an authoritative source in this question, which enhances ethos of Hamblin’s article. Similarly, citing the results of the 1999 scientific study about benefits of journaling for health published in the *Journal of American Medical Association*, a reputable and proper source in this question, also enhances ethos of Hamblin’s article.

The author demonstrates efficient usage of logos by providing facts and statistics from scientific studies in medicine to prove that journaling is beneficial for health. Hamblin refers to the results of Qian Lu’s study of breast cancer patients which revealed that journaling led to the “improvement in several health metrics, including levels of stress and positive affect, and overall quality of life” (par. 6). Thus, this scientific research confirms Hamblin’s argument that journaling is beneficial for health. Another confirmation is found in

the statistics from the 1999 article in the *Journal of American Medical Association*. That study of people with asthma revealed that journaling led to the 19 percent increase of the amount of air these people could breath out in a single breath (Hamblin par. 7). These data also clearly show that journaling is beneficial for health.

So in “The Power in Writing about Yourself,” James Hamblin makes a persuasive argument by successfully using ethos and logos. He enhances ethos of his argument by referring to Qian Lu and the 1999 article in the *Journal of the American Medical Association*, both authoritative and proper sources for his topic. James Hamblin enhances logos of his argument by citing Qian Lu’s findings on the benefits of journaling for breast cancer patients and the statistics from the 1999 article in the *Journal of the American Medical Association* about the benefits of journaling for asthma patients.



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Work Cited

Hamblin, James. "The Power in Writing about Yourself." *The Atlantic*, 2014.