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Journaling for the Soul 101

By Michele DeMeo

Baby COOP Publishing, LLC, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****. Journaling is a form of art and a useful tool. For those who are interested, it is a tangible practice that helps you go and prepare yourself for more positive experiences. Journaling is a way to help you release buried emotions. It can help you process happy as well as challenging ideas by freeing up internal space. That new space is a place for new and brighter moments and memories. Journaling is a communication tool. This guide is designed to help you craft your own exploration of getting out what lies deep within you. You can move from a closed off place to a more receptive one. Consider the possibilities for your life without the need to bury what is, and will always be, your story. Journaling for the Soul 101 can lead you to a brighter path on your journey forward in life.



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