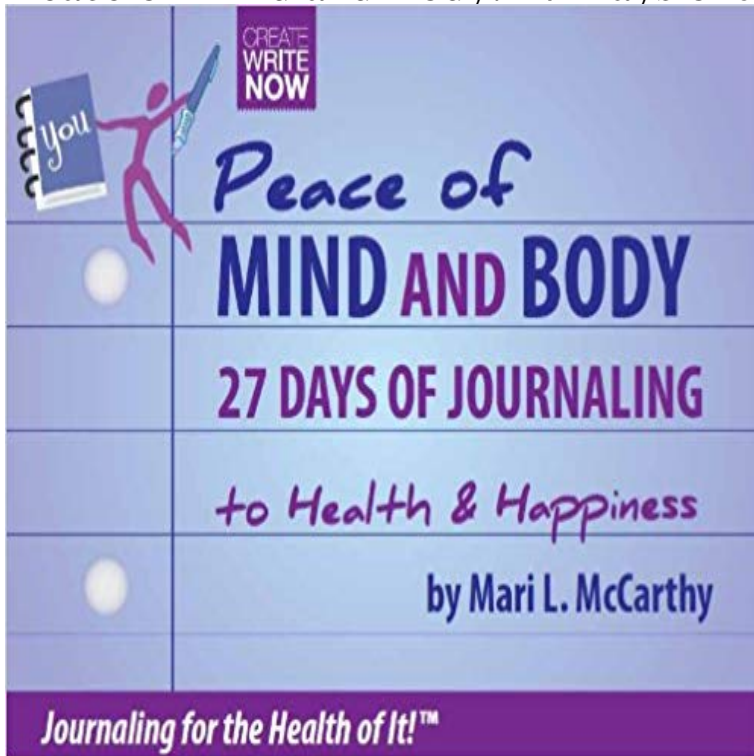


Peace of Mind and Body: 27 Days of Journaling to Health & Happiness



The Ultimate Journal Writing Therapy Workbook! Face down those voices in your head that always hold you back! Finally leave behind the negative beliefs about yourself you've been carrying around since childhood! Stop overthinking things that just don't matter! Explore your creativity Discover your passions Are there changes you want to make in your life, but you just don't know where to start? Do you want to be happier in your life, but you can't figure out how to change the way you feel? Do you have a hard time identifying your goals, let alone reaching them?! Personal growth and development is hard work, but this book makes it seem easy. The Peace of Mind & Body: 27 Days of Journaling to Health and Happiness guide takes you on a step-by-step journey to identify exactly what it is you want -- and how to get there. In just 27 days, you'll find yourself on a clear path to achieving the peace of mind, health and happiness you want for your life.

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