



Meet the Inner You: A Self Discovery Journal with 100 Writing Prompts for Adults (Paperback)

By Subha Malik

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Find Your Inner Self With These 100 Plus Writing Prompts For Self Discovery and Self Reflection. You might have already heard or read that the most important relationship in our life is the one with ourselves. Today life has become too busy and you don't have time or simply fail to make time for connecting with your inner self. So, what you need is to maintain a self discovery journal to connect with your inner kid. Getting to know yourself and digging into your own inner wisdom helps you like more yourself. Moreover, by making time aside to journal and being with yourself is extremely powerful in its own. Suitable for adults both men and women, Meet The Inner You is an interesting and inspiring journal of self discovery. It comes with over 100 thought provoking writing prompts for adults which will help you meet your deeper self. You will be amazed to know that you will no longer fight for writing ideas. In this journal you will find a lot of inspiring and fun questions and journal prompts all...



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