



## Today I Am.: An Empowering Journal Back To Self (Paperback)

By Patricia L Atchison

Wood Lily Publishers, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. Do you feel lost, wondering who you are, or once were? Are you struggling to find more JOY in your life? When life's journey causes you to end up lost and unable to define who you are, then it's time for a change. It's time to find renewed self-confidence, improved self-esteem, increased happiness, much joy, and pure gratitude. Become aware of the world surrounding 'YOU' at this moment. Learn how to view each 'TODAY' with new promise, gratitude, positivity, light, and love. Today I Am., is a yearly gratitude journal filled with uplifting present moment quotes by the author, Patricia L. Atchison, and features daily creative practices to engage the mind and spirit, including, learning about healing, grounding, mindfulness, intentions, releasing, positivity, living in the present, and discovering love for self. Define your thought patterns today so that you can see in the future how you've grown to come to know you again. You'll discover the power and meaning of the 'I AM.' statement, and what it means to live for yesterday, tomorrow and today, and where you should be focusing your attention. Define your joy...



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