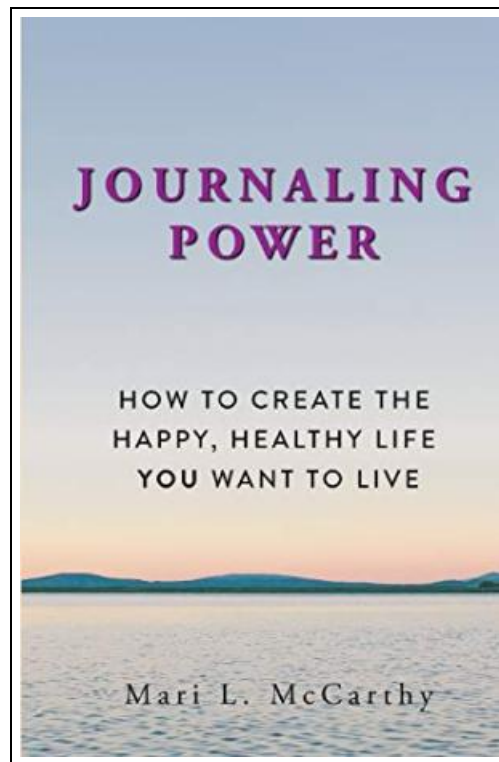


Journaling Power: How to Create the Happy, Healthy, Life You Want to Live (Paperback)



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Reviews

Basically no phrases to explain. It really is filled with knowledge and wisdom You are going to like how the author create this book.
(Gerald Conn)

JOURNALING POWER: HOW TO CREATE THE HAPPY, HEALTHY, LIFE YOU WANT TO LIVE (PAPERBACK)

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CreateWriteNow, United States, 2018. Paperback. Condition: New. Language: English. Brand new Book. 2018 COVR Visionary Health and Healing Award Winner "Journaling Power is a candid, beautifully-written self-help book, filled with warmth, wit and wisdom." Dennis Palumbo, psychotherapist and author, *Writing From the Inside Out* "Remarkable, riveting and transformative." Peggy McColl, New York Times best-selling author *Journaling Power* teaches you how to put the ultimate self-healing tool right at your fingertips--journaling. You'll discover how daily pen-to-paper journal writing leads to self-growth and life-changing transformation. You'll also learn that numerous scientific medical studies prove journaling unleashes a healing agent that empowers your life in ways you've never imagined. Mari L. McCarthy shares her own personal story of health and healing and provides step-by-step guidance on how to use your own *Journaling Power* Practice to: Reduce physical pain and overcome illness Heal emotional wounds from past traumas Resolve inner conflicts and create self-compassion Conquer limiting beliefs and fears Reconnect with your inner healer Reduce stress and find inspiration Set realistic goals--and discover the motivation to make them happen Create the happiest, healthiest life for your Self. With *Journaling Power*, you'll use the transformative power of expressive writing and therapeutic journaling to heal from stressful life events like chronic illness, job loss, divorce or grief. Mari L. McCarthy guides you on a holistic journey of well-being and self-care and shows you how to put yourself first--allowing you to lead a life of joy, compassion, creativity and growth. Find yourself a notebook and pen and a quiet, comfortable space--and use *Journaling Power's* writing prompts, morning pages and journaling exercises to unlock the strength of your unconscious mind. "Mari used journaling herself to relieve her symptoms of MS. In this book, she reveals the full power of journaling, not only for people who have an illness, but for anyone, actually,..."

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Other Books



That's Not the Monster We Ordered (Hardback)

Skyhorse Publishing, United States, 2016. Hardback. Condition: New. Richard Fairgray, Terry Jones (illustrator). Language: English. Brand new Book. The day the Turner family gets their very own monster is a momentous event in the neighborhood....

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Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English. Brand new Book. In "Dude! She's Got A Dick," she-male erotica writer Blake Worthington combines thirteen stories from his previous collections "Tinseltown Tranny,"...

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**Magento 1.3: PHP Developer's Guide (Paperback)**

Packt Publishing Limited, United Kingdom, 2010. Paperback. Condition: New. Language: English. Brand new Book. This book is a practical tutorial, filled with examples, aimed at people with no experience of programming web sites using the

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**The Silhouette Girl (Paperback)**

SIMON & SCHUSTER, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. From New York Times bestselling author and literary phenomenon V.C. Andrews (Flowers in the Attic, My Sweet Audrina) comes a gripping

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**Unlock Level 3 Listening and Speaking Skills Student's Book and Online Workbook (Cambridge Discovery Education Skills)**

Cambridge Discovery, 2014. Condition: New. Unlock is a four-level academic skills course that combines thought-provoking video from Discovery Education(TM) with carefully scaffolded exercises and a fresh approach to critical thinking skills. Series: Unlock. Num Pages:

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