

## [GET] Made Out of Stars: A Journal for Self-Realization



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From the bestselling author of *Start Where You Are* and *My Friend Fear*, a beautifully illustrated journal that celebrates what makes each of us uniquely amazing Meera Lee Patel's first guided journal, *Start Where You Are*, has inspired hundreds of thousands of readers through a rare combination of stunning watercolor art and thoughtful, empowering prompts and quotations. Her next journal will pick up the journey, encouraging readers to recognize and embrace what makes them truly special. A booster shot of self-care when you need it most, this beautiful, intimate book will be a touchstone for anyone looking to better understand themselves so they can clear out the "noise" and be who they are.

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