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Soul Journal: A Writing Prompts Journal For Self-Discovery (Volume Book 1)



Synopsis

You didn't arrive here by accident. It's time to unearth your inner wisdom. It's time to remember that you are already whole; everything you need is already within you. This guided journal - with 124 prompts for daily reflection - will lead you through the rich, fertile grounds of your soul. It is there where you will find the potential for limitless self-expression and discovery as you reflect on who you really are, what your beliefs and desires are, your values, and so much more. Published in three volumes, this unique collection of journals provides you with the opportunity to explore and write through the changes in your life over the course of an entire year. As you notice the patterns and synchronicities in your life, it will become clear that you are your best teacher. Write your story. Breathe. Remember who you are.

Book Information

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Customer Reviews

I really like that this writing prompt journal makes you explore deep thoughts and it really makes you dig down deep. I haven't had a journal at all in several years. This journal has really helped me get

down some thoughts and it really just makes me think harder. It's not just a blank journal, each page has a prompt then you have the rest of the page to write down whatever you're feeling or whatever you may be thinking about right then.

This is good for those new to journaling and habitual journalists. Gets you thinking, asking questions. So if new, great way to start, journaling for awhile, it will refresh you, so journal doesn't become just a diary of Day, but your thoughts.

The book really makes you think about things in depth, I've really enjoyed it so far.

A wonderful journal to have! You'll be glad you bought it!

Great just what's needed

Enjoyed

I purchased two of these. One for me and one for my dad, as we are both writers. I love the idea of this book to continue writing and explore deep thoughts we don't normally think about. I do feel that some of the prompts could elaborate more. A lot of these prompts I feel like I could find on a blog or a google search and put together my own soul book. But this book does the work for you. I enjoy sitting down with it and writing for the day.

I have been journaling for many years as one way to get out the poison I carry from childhood. I am always searching for prompts that will help me in this journey and I found this book to be a unique treasure. The prompts are designed to probe places I might not have thought to go to, making it an important tool in my healing journey. I think anyone who seriously wants to explore who they are will benefit from using this book.

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