



Write a Journal So Your Soul Smiles (Paperback)

By Dr Melba Burns

Soul Writes Books, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Do you ever wonder about the meaning of your life? Why you are here? What have you overcome? Can you still dream dreams you once had, or are they shelved? Do you want to get clarity, rediscover meaning and open up to the truth of who you really are? Write a Journal So Your Soul Smiles will help you tune in, make friends with your soul, and find deeper meaning in your life. You will surprise yourself as you rediscover all those gifts you have to offer, your strengths and traits you never acknowledged; how your past experiences have helped you to become whole. Through writing in your journal you will rediscover who you truly are. No matter what feelings you express, anger, sadness, sorrow, self-doubt, confusion, etc., penning that pain leads you through the valley of dark, like a hand guiding you - and the light always appears. It may be just a glimmer some days, but as you continue to write, you will see it, and be led to joy and love. Back to who you are! Within your...



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