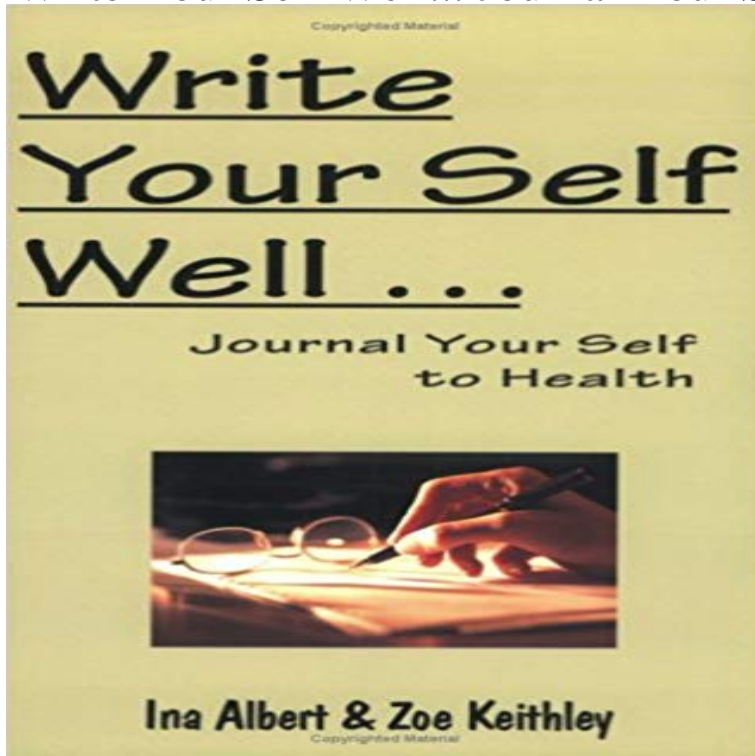


Write Your Self Well... Journal Your Self to Health



Write Your Self Well...Journal Your Self to Health is the book that heals. Chosen by Arts & Healing Network as one of the six best journals for healing in 2005, the book introduces a new, easy way to journal designed specifically for people suffering from illness and stress and for use by healthcare professionals. It is based on over 25 years of medical research demonstrating that journaling can boost physical and mental health and speed recovery.

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