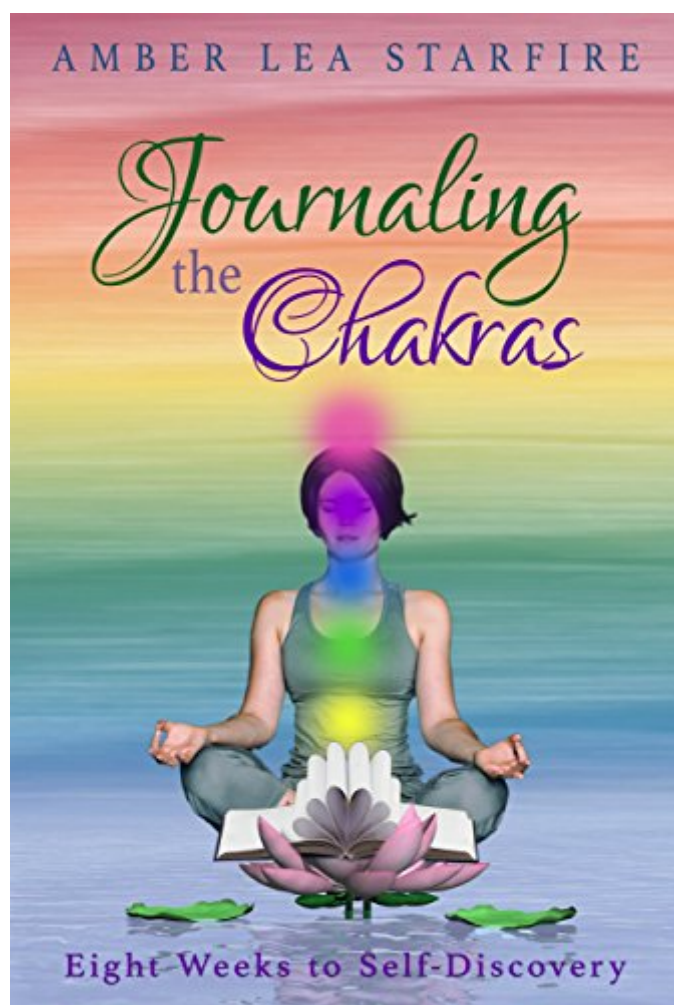


The book was found

Journaling The Chakras: Eight Weeks To Self-Discovery



Synopsis

Write your way to spiritual and emotional wholeness! Using a combination of journal writing and guided chakra meditations, *Journaling the Chakras* takes you on a guided, eight-week journey to deeper personal discovery, growth, and spiritual/emotional healing. You'll uncover previously hidden aspects of yourself and increase your understanding of why you respond and make decisions the way you do. When you journal the chakras you gain clarity and empowerment to create your life the way you want it to be, to become the person you want to become. An amazingly effective, fun, and enlightening approach to personal development.

Book Information

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Customer Reviews

Amber's *Journaling the Chakras*, is truly an enlightening book. Her well thought out prompts had me reaching for my tablet. I couldn't wait to write. In fact, I started writing before I even finished the book! Thank you!

Journaling with this book is a wonderful time of retreat! The eight week process of this book brought

me in touch with the strength and energy inside of me. I feel gifted and enriched!

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