



Evolve Journaling Book 1, Seeds of Joy (Paperback)

By Suzanne Robbins

Lulu.com, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Seeds of Joy is the first in a series of method books designed to teach journaling techniques that help individuals overcome depression and anxiety. Seeds of Joy contains 12 lessons, and 24 exercises designed to help individuals journal their way into the experience of joy.



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