



## Reflections by the Lake: Journaling Life's Journey

By Janice Gray Kolb

Blue Dolphin Publishing, United States, 2012. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. In Reflections by the Lake, the author has replicated some of the jottings from five of the many dozens of journals she has written over a lifetime. No effort was made to correct grammar or sentence structure, or even to put her thoughts in a more readable form. They appear in this book exactly as she wrote them, except for some deletions made because of their personal nature. Because her life has been built around an active meditation and prayer life, she has interspersed the journal entries with chapters on various aspects of meditation. These meditations contain poems, quotations, and real helps for allowing you to find peace and contentment. To expose one's self by revealing things from those secret places in the mind can present a real challenge. Jan has accepted that challenge in an attempt to help others as she has helped herself. She has contributed much to her own happiness by simply recording events and reactions, then later reading and reviewing them. As a result of reading, meditation, and reviewing her own journal entries, she is...

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