



A Man s Journal: Fishing Image (Paperback)

By Glenda M Thomas

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Keeping a Journal has become a great American Past time! I noticed that many women journal but I have encouraged my male clients to keep a journal to log and reflect on their feelings and thoughts. Keeping a journal allows for us to take time to put our dreams, ideas and more on paper. When these parts of our life is put on paper we can be clearer on what we really want and to get focused. Writing down our life also leaves a legacy of who you are to your family and friends. I hope the men who use this journal to be a part of building a wonderful life! I am a Life Coach you are invited to search for my site Glenda Thomas, Life Coach. I have online classes and coaching programs.

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Reviews

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