



Life's Healing Choices Guided Journal: Freedom from Your Hurts, Hang-ups, and Habits

John Baker

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Everyone has a hurt, hang-up, or habit that they want to conquer, and this guided journal will help change lives through the power of personal reflection.

This is not simply a book of blank pages for writing. This journal prompts readers throughout the book to direct their thoughts in a healthy direction so they can recognize the hurts in their lives, the hang-ups that limit them, or the habits that control them. As they write down their responses, readers discover the natural steps to recovery and are able to express themselves in helpful and healthy ways while moving into a fuller life.

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David Gilbert:

Playing with family in the park, coming to see the marine world or hanging out with buddies is thing that usually you could have done when you have spare time, after that why you don't try point that really opposite from that. A single activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love Life's Healing Choices Guided Journal: Freedom from Your Hurts, Hang-ups, and Habits, you could enjoy both. It is good combination right, you still want to miss it? What kind of hangout type is it? Oh can occur its mind hangout people. What? Still don't have it, oh come on its named reading friends.

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