## BENEFITS OF THE JOURNAL TO THE SELF® WORKSHOP:

- Develop a healthy relationship with self
- · Discover the writer within you
- Problem-solving and selfprocessing skills
- Explore your creativity
- Maximize time and business efficiency
- Safely release emotions
- Access information stored in the subconscious and unconscious minds
- Explore your dreams
- ... And more!

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"Journal therapy is a bridge into first our own humanity, and then our own spirituality. The road stretches out before us, and our ultimate task is the journey."

~Journal to the Self,

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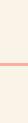
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