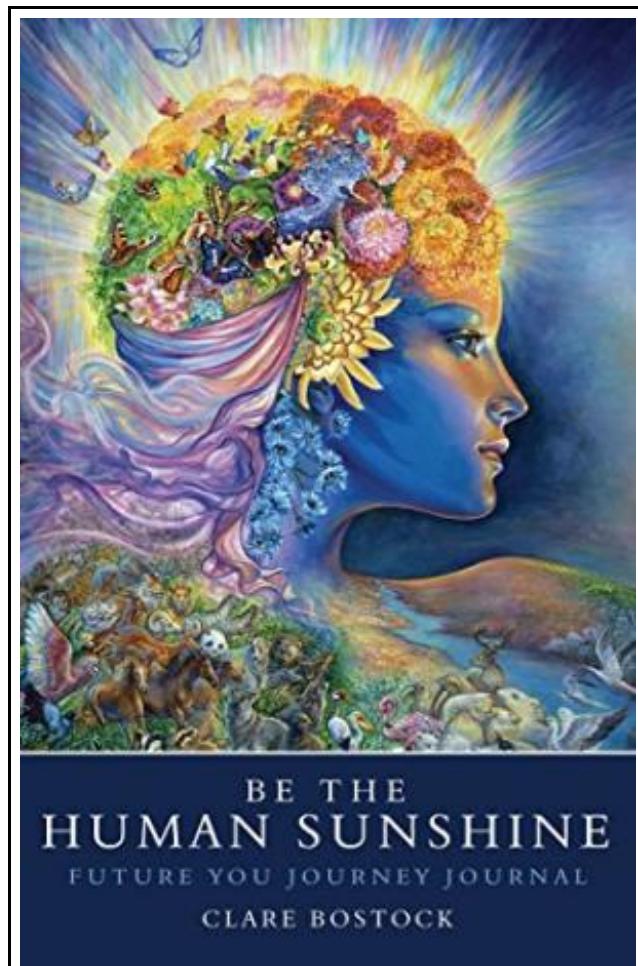


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Troubador Publishing. Paperback. Book Condition: new. BRAND NEW, Be the Human Sunshine: Future You Journey Journal, Clare Bostock, Josephine Wall, More often than not, we are looking at changing the world, but often we do not look within to see what we can change within ourselves. Change begins with us. Be the Human Sunshine is not a fluffy, girl's best friend. It is rather an intimate place where real life struggles, disappointments, weariness, sorrow and joy are roads travelled, experienced and documented to prompt change. It is a space for the reader to have an intimate relationship with a paper friend - kept for personal use or shared with family and friends. This journal offer readers the chance to write their own book. Used as a written vision board, notes, jottings and pictures can be added, assisting both emotionally and spiritually to mend relationships and achieve dreams and goals. Full of beautiful illustrations and thought-provoking questions, it provides inspiration and motivation to open readers' hearts to change, celebrate joy in life and be glad for all they have experienced, knowing that the best is yet to come. Regular journaling has many benefits and is an invaluable tool: it reduces stress, promotes healing and encourages personal and spiritual growth. Be the Human Sunshine provides an outlet for this, making it possible for readers to capture their life story and reveal different aspects of themselves in order to deal with the many trials of life. Similar to Peter Coxon's Dear Future You books, this journal makes a great companion and collector's item for anyone looking to make positive life changes. It is the first in a collection of books from Clare Bostock.

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