



Let it Out : A Journey Through Journaling

By Dalebout Katie

Paperback. Book Condition: New. Not Signed; Description: You want change. Maybe your career isn't what you thought it would be .or your relationships aren't what you had hoped. Perhaps you have a grand vision for your life but not the smallest clue on how to get there. In Let It Out, Katie Dalebout shares the transformative practice that will rocket your life to the next level - journaling. Discovering in her darkest hours that a journal was her greatest tool in finding purpose, healing herself and creating the life she desired, Katie has assembled the practices and insights that will get you unstuck for good. And don't worry - you don't need to be a writer! Journaling is simply a method of coaching yourself through your 'stuff', unclogging your mind from years of negative thoughts and gaining unsurpassed clarity on how to move forwards. Packed with exercises, prompts and techniques that can be done anywhere and in any order, this guidebook offers you a new way to navigate your daily life, cope with stress and create exciting change. Covering everything from clearing clutter to cultivating abundance to moving beyond fear, it will be your new best friend and coach anytime...



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