



## Journalution: Journal Writing to Heal Your Life and Manifest Your Dreams

By Sandy Grason

New World Library. Paperback. Book Condition: new. BRAND NEW, Journalution: Journal Writing to Heal Your Life and Manifest Your Dreams, Sandy Grason, This book balances basic instruction in the art of journaling with intimate entries from the author and her workshop participants. Activities, such as keeping a dream log and timed stream-of-consciousness writing exercises, follow each chapter. Throughout, the author offers guidelines and prompts, encouraging readers to pick up the pen and journal their way to greater self-awareness.



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