



The Tree of Life: A Personal Development Journal: A Journey of Mindfulness and Intentions (Paperback)

By Cynthia Sageleaf

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This journal represents a 30-day journey of self-exploration and personal development to create intentions, practice gratitude, engage in mindfulness, coloring, and reflective writing. It's like starting out as a seed and growing.growing.until you become a tree. Inspired by the Tree of Life, this journal invites you to go on an interactive month-long quest to more intention and mindfulness. Featuring hand-drawn designs throughout, as well as haikus, poems, and gentle guiding thoughts, you'll find yourself more reflective, calm and uplifted to bring about self-transformation. This journal is a companion to the Tree of Life: A Coloring Journey, both of which encourage you to be present and centered.

DOWNLOAD



READ ONLINE
[9.1 MB]

Reviews

Merely no phrases to describe. It really is rally intriguing throug reading time. I am happy to tell you that this is basically the greatest book i have go through in my own lifestyle and might be he greatest book for ever.

-- **Kattie Wunsch**

Absolutely essential go through publication. It is filled with knowledge and wisdom Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Dr. Sierra Lowe Sr.**