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“I believe journaling is an essential accompaniment to our spiritual evolution. In Journalution, Sandy Grason takes you by the hand and guides you through the process of unearthing your own inner wisdom and hidden passions. This book is an inspiration.” — Debbie Ford, author of The Dark Side of the Light Chasers and The Best Year of Your Life

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Journalution : journaling to awaken your inner voice, heal your life, and manifest your dreams. [Sandy Grason] -- Studies confirm what avid journalers have always known: that writing about difficult experiences helps the writer move forward.

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