

Encouragement Journal & Self Help Workbook is the latest offering by popular spiritual author Prema SaiRam and is a guided activity journal written especially for people who would like some loving encouragement in their lives. This book contains 12 themed chapters with each section dealing with a topic designed to encourage and motivate you to become your very best: \* Think Positively \* Find Inspiration \* Embrace Hope \* You Are Powerful \* Stay Cheerful \* Always Feel Grateful \* Have Courage In All Things \* Believe In Yourself \* Have Faith In Your Abilities \* Keep Good Company \* Look After Your Health \* Explore Your Spirituality \* Special Bonus Section. The sections contain inspirational quotes, writing prompts and coloring in pages that make the activities both interesting and effective in creating a sense of self worth. In addition, there is a bonus section of 10 additional coloring pages as a special Thank You from the Author to You Prema SaiRam has used her extensive experience of writing (she is the author of multiple books) combined with her knowledge of meditation, relaxation and abundance creation techniques to create this unique journal for adults of all ages.

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