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In a world of noise and chaos, there is a constant search for happiness, balance and clarity. It has become the norm, to search for these things anywhere, everywhere, except within. Hardly ever, do we examine ourselves intensely enough to recognize patterns that create friction and discomfort in our lives. This is why I decided to create this writing journal! With blank pages, that allow you to be open and honest with yourself, the intent is to encourage liberation through writing. Use this journal to create a path of truth and personal honesty throughout every area of your life. Included are quotes written by the author to guide your writing. You can use these quotes to spark thoughts on how they relate to you personally, but this is optional. The quotes will inspire you, but you can also write freely, from your sacred place within. Write yourself into a clear understanding of who you are, and who you are destined to be! It will become crystal-clear that you are responsible for your own happiness, balance and clarity. You will find, that the journey to a positive existence truly begins with YOU!

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