

The Book of Self-Acquaintance (Guided Journals)

Margaret Tiberio



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Our lives are abundant with observations and events that have meaning for us. Upon closer examination, these things can yield a greater sense of truth and personal awareness. This guide encourages journalers to employ various methods of descriptive writing to reflect on their lives and learn from the past. Open-ended prompts and questions serve as intriguing starting points, enabling journalers to examine who they are and what they value in a whole new way. Revealing, provocative and liberating, The Book of Self-Acquaintance is an ideal guide for anyone seeking a path to personal growth.

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