



# The Ultimate Guide to Journaling

*Hannah Braime*

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**The Ultimate Guide to Journaling** Hannah Braime

**In The Ultimate Guide to Journaling, you'll find the tips, inspiration, and prompts you need to start and maintain a journaling practice for DIY self-discovery.** This clear and concise handbook shares everything you need to know to deepen your relationship with yourself using this powerful personal development tool. Covering foundational topics like how to journal, which tools to use, and how to make it a regular habit, as well as over 30 different journaling techniques and many more prompts, The Ultimate Guide to Journaling will help you keep your practice flowing for years to come. Through a combination of handwritten, digital and art journaling suggestions, you'll learn how to tap into your internal resources, learn more about what makes you who you are, discover how to negotiate with the different parts of yourself, and create a safe space to explore your inner world.

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