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Using Your Journal to Manifest. Based on JOURNALUTION: Journaling to Awaken Your Inner Voice, Heal Your Life, and Manifest Your Dreams By: Sandy Grason. In 1992, a singing teacher introduced me to the work of the best-selling author Wayne Dyer. Dr. Dyer's ideas — especially the notion that we can manifest anything in our life — intrigued me.

JOURNALUTION - SelfGrowth.com

Journaling to Awaken Your Inner Voice, Heal Your Life and Manifest Your Dreams! THE book that started it all.

Sandy Grason's Journalution

Activities, such as keeping a dream log and timed stream-of-consciousness writing exercises, follow each chapter. Throughout, the author offers guidelines and prompts, encouraging readers to pick up the pen and journal their way to greater self-awareness. Page 1 of 1 Start over Page 1 of 1

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