



Who am I? Journaling For Self Discovery

Linda K. Lynch

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Ever wonder who you are? Or why you act and feel the way you do? Maybe it's because you're still looking outside yourself for answers to the problems you're facing. These days, even experts no longer have the solutions needed to solve our increasingly complex problems and situations. The most important thing you can do to create the life you want in these changing times? Learn how to listen to your innermost Self - that still, small voice within you that's been silenced for way too long. Yes, it's still there, in your inner place of knowing, where you'll find the answers, guidance and wisdom you need for living in our uncertain world. How do you access your Self? By using the practical, step-by-step journaling process in these pages to come to know your innermost Self and find the answers you're looking for. Answers you need and can trust. And get to know, perhaps for the first time, who you really are and what's possible in your life. Does this process work? I've been using it for more than thirty years. I know it works. Now I want to share it with you. Linda K. Lynch

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