

JOURNAL WRITING 1-2-3



**How To Be The Best That You Can Be:
Using Journal Writing 1-2-3**
A Practical Guide to Automatic Journal
Writing by **Roslyn Gladman**

This book offers something for all:

- Spiritually minded souls.
- Stay at home mums: How to compliment your role as a mother, not just sacrifice one or the other!
- Anyone whose soul is calling out for more.
- Authors and Writers too: How to tap into your creative flow.
- Entrepreneurs and Achievers.
- Or conversely, those that are feeling 'blue'.
- Dreamers and Believers.
- Those looking for inspiration.
- People who know what they want, but are yet to know how.
- Those who believe in possibility. and ...
- For those that want to be more!



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Confused by Meditation?

Why not try using Journal Writing 1-2-3?

How To Be The Best That You Can Be: Using Journal Writing 1-2-3 teaches you how to turn within and tap into your soul, only this time – by using the power of a journal and a pen!

This technique is extraordinary, it allows you to connect with a whole new dimension of your mind. Just like:

“A MEDITATION IN WORDS.”