



## The Tree of Life: A Personal Development Journal: A Journey of Mindfulness and Intentions (Paperback)

By Cynthia Sageleaf

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This journal represents a 30-day journey of self-exploration and personal development to create intentions, practice gratitude, engage in mindfulness, coloring, and reflective writing. It s like starting out as a seed and growing.growing.until you become a tree. Inspired by the Tree of Life, this journal invites you to go on an interactive month-long quest to more intention and mindfulness. Featuring hand-drawn designs throughout, as well as haikus, poems, and gentle guiding thoughts, you ll find yourself more reflective, calm and uplifted to bring about self-transformation. This journal is a companion to the Tree of Life: A Coloring Journey, both of which encourage you to be present and centered.



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