



## 21 Days to Change Journal (Paperback)

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By Dr Stacey Marie Rossi

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This guided journal workbook offers the reader a chance to embark on a 21 day journey of self-discovery. The reader will work through the stages of self awareness, self acceptance and finally change. If you have been thinking of making a change and don t know how to begin, this book is for you.



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