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## A Validation Journal: Being Whole

By Linda Newlin

Luna Madre Inc., United States, 2014. Paperback. Book Condition: New. 216 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Discover the power of validation, naming feelings and grounding in the strength of who you are in this inspiring journal that encourages self love and wholeness. Affirmations and writings to reflect and affirm what is true for you with reminders of how to navigate life in healthy ways. A companion to Being Whole: A Guide Book, which takes readers through many practices to live a life of passion and purpose as they claim who they truly are and what their unique gifts/contributions are for this lifetime. The foundation of these books come from positive psychology, neuroscience, eco psychology, health and wellness, mindfulness, resilience and somatics as well as the Hoffman Quadrinity Process.



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