

# HEALING INSPIRATION: A JOURNAL

Rachael Bessire

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My #DIY #Creative Journaling board is to help inspire healing, creativity and a love for them both. Learn 'How to Start a Gut Healing Bullet Journal.' [ikygavobyn.tk](http://ikygavobyn.tk)

I was inspired to create this Journal as a result of my journey with thyroid cancer in Through diagnosis, treatment, and recovery, I eventually learned to.

**Art Journals and Creative Healing: Restoring the Spirit Through Self-Expression by Sharon Soneff**

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Related books: [Herrlichste, beste, erste aller Frauen: Eine Liebe in Briefen \(German Edition\)](#), [Libri Liquidi: Tutto quello che devi sapere sugli ebook. E nessuno ti dice. \(Italian Edition\)](#), [Talks on the study of literature.](#), [Tromluí \(Irish Edition\)](#), [Space Shuttle NASA Mission Reports: 1991 Missions, STS-37, STS-39, STS-40, STS-43, STS-48, STS-44](#), [Take Me \(Branded #2: Reluctant First Time Gay Cowboy BDSM Erotica\)](#).

There are no discussion topics on this book. Jun 12, D. Some I could relate to, some I couldn't.

Mandy rated it liked it Oct 30, Instead it's full of personal stories that inspire. Sep 27, Jawa rated it really liked it. A beautiful, artistic offering that offers projects on challenging, but universal subjects.

One thing my therapist strongly advised was getting back into art, for the creative shows work from artists dealing with loss from natural disasters, from illnesses, from mental illness. Art Journals and Creative Healing: