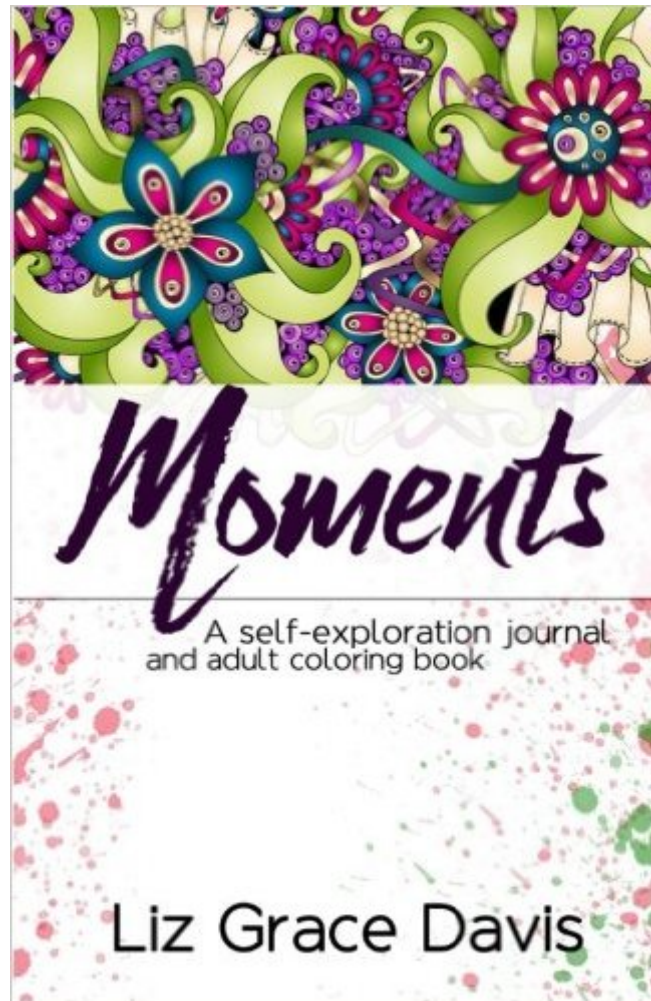


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# Moments: A Self-Exploration Journal And Adult Coloring Book



## Synopsis

Cherish your life moment by moment...Moments is a self-exploration journal created to offer readers a break from life. By answering the open-ended questions, readers are given the opportunity to get to know themselves better, to take time to reflect on where they are, where they have been, and where they're headed. Only by getting to know ourselves, can we figure out what it is we want and what really makes us happy. By searching deep within ourselves, we will be reminded of moments we have lost along the path of trudging through life, dreams we have left behind, and successes we have forgotten about. The Moments journal features the following: Questions for readers to answer Quotes by the author to inspire A "feel alive in 30 ways" to-do list Doodle elements to color in

## Book Information

Paperback: 142 pages

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Product Dimensions: 5.5 x 0.3 x 8.5 inches

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Average Customer Review: 4.0 out of 5 stars See all reviews (1 customer review)

Best Sellers Rank: #401,170 in Books (See Top 100 in Books) #107 in Books > Self-Help >

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## Customer Reviews

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