



Choose Grace

A Journal for Not Being So Hard on Yourself (And Others, Too!)

This graceful journal filled with prompts and quotes is the perfect gift for anyone who could use some encouragement to practice self-love, affirmative thinking, and conscious gratitude for themselves, and others.

With each thought-provoking prompt, be guided on a journey of self-discovery and learn to give yourself and others the gift of grace. This journal will improve your ability to redirect negative self-talk and manifest a more positive internal dialog that helps relieve stress, anxiety, depression, and more.

Nobody's perfect - including you. And that's OK!

AVAILABLE NOW

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5 3/16" x 8"

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Zeitgeist / Driven

Believe it or not, someone would be *really* impressed with everything you've achieved so far in your life. YOU!

Imagine your younger self is meeting you today. Write yourself a short letter from the perspective of younger you. Which aspects of your present life would your past self be most proud of? Why?

Relieve stress, anxiety, depression



Manifest a more positive internal dialog

Improve your ability to redirect negative self-talk



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