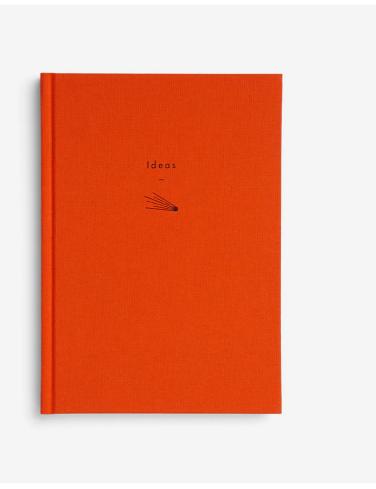
# twentytwentyone



Writing as Therapy Journal: Ideas

Manufacturer: The School Of Life

£18

## **DESCRIPTION**

Writing as Therapy Journal: Ideas by The School of Life.

It is widely believed that writing is a powerful tool for self-reflection, aiding in understanding thoughts and feelings. It allows us to delve deep inside ourselves and recognise patterns to observe and, perhaps, outgrow.

This linen-bound notebook from The School of Life contains 192 pages of grid-dotted paper to aid you in exploring, documenting, and planning your ideas - no matter how big or small.

### **DIMENSIONS**

21 x 14.8cm (A5)

#### **MATERIALS**

Linen bound notebook with 192 pages of 100grm Munken paper (acid free) with printed dot grid.

### HELP / ADVICE

Call: 0207 837 1900

Email: showroom@twentytwentyone.com