



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 100gsm Munken paper (acid free) with printed dot grid.

HELP / ADVICE

Call: 0207 837 1900
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