



## Writing as Therapy Journal: Journeys

Manufacturer: **The School Of Life**

£18

### DESCRIPTION

**Writing as Therapy Journal: Journeys by The School of Life.**

Featuring 192 grid-dotted pages, this linen-bound journal from The School of Life provides a canvas for contemplation, documentation, and planning your life's journeys.

The School of Life are believers that writing is a powerful tool that can aid in self-reflection and understanding thoughts and feelings.

### 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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