



Writing as Therapy Journal: Projects

Manufacturer: **The School Of Life**

£18

DESCRIPTION

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

Writing is widely considered a powerful tool for self-reflection, aiding in understanding thoughts and feelings allowing us to delve deep into ourselves and capture ideas and aspirations.

The School of Life's linen-bound notebook serves as an ideal companion for exploring, documenting, and planning your projects, be they personal or professional.

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
Email: showroom@twentytwentyone.com