

# **Self Discovery And Healing Through Journaling: Includes 130 Journal Prompts (Journal Writing, Journal Exercises, Journal Prompts, Journaling) [Kindle Edition] By Meredith Lane**

**By Meredith Lane**

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Today I had the privilege of interviewing a local colleague, Mateja Petje, who is currently living in Delray Beach, Florida. Check out the archived podcast here at Self Discovery and Healing Through Journaling: Includes 130 Journal Prompts (Journal Writing, Journal Exercises Jan 18 2014. by Meredith Lane. Kindle Edition.

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