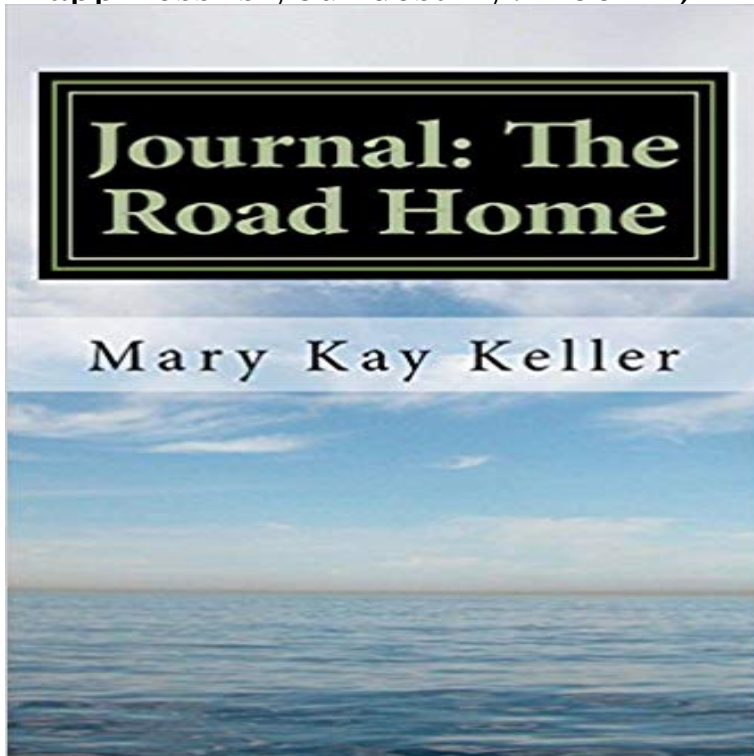


Journal: The Road Home (Supplement): Write your way to freedom from the Unholy Trinity - Anger, Fear and Resentment (Life Coaching: Happiness is your destiny! Book 2)



This is the E-book Supplement to the Full Paperback 12 month Journal and the Quarterly Journals. Click on the Authors name to review each one independently. Why Journal? We have to learn to be compassionate to ourselves before we can show true compassion to others. I developed this simple annual (12 month) journal for myself to write my way back home, to my heart. Taking out my emotional trash each day, letting go of my anger, resentment and fear, keeps me present and in the moment. Being present allows me to be my best for myself and for the people I love! Especially when parenting. We need not dump our emotional trash on our children and the next generation. They deserve our very best! Join me in this grand adventure of life and learn to live, one day at a time!

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