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I created *Transformational Journaling Tools & Kits* to offer you inspiration and ideas regarding how to use expressive writing combined with guided coaching exercises for personal growth, creative self-care, and improved emotional, physical, psychological and spiritual health.

These tools and kits combine techniques and inspiration from the therapeutic writing field, as well as from life coaching activities. *These products are not a substitute for medical advice.*

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Lynda Monk, MSW, RSW, CPCC | Director, Creative Wellness