

Heart, Sass Soul: Journal Your Way to Inspiration and Happiness By Greta Solomon Highly recommend! Heart Sass Soul: Journal Your Way to Inspiration and Happiness Fantastic book really easy to read but very hard to put down! Perfect for any blocked creatives and has really helped me find my voice. Can't rate highly enough Heart Sass Soul: Journal Your Way to Inspiration and Happiness Discover the life changing power of freewriting and journaling with enjoyable and gently challenging exercises prompts and wisdom (Deborah Alma author of The Emergency Poet). Heart Sass Soul presents a method for writing freely that can change the way you live and shows you how to develop a writing practice that nurtures inner strength and promotes a rich fulfilled life. Learn how to: Overcome self doubt and develop a new creative identity Transform dark times into something beautiful Find moments for healing yourself without judgment Become empowered with uninhibited self expression Heart Sass Soul: Journal Your Way to Inspiration and Happiness Wonderful book useful and enlightening! Heart Sass Soul: Journal Your Way to Inspiration and Happiness I am in love with this book! It is so much more than I expected. As someone who is struggling to break through insecurities and self expression with my writing I was really blown away with the techniques laid out in this book to help someone like me overcome those (and many other) obstacles. I think everyone should have a copy Heart Sass Soul: Journal Your Way to Inspiration and Happiness Working in an industry where writing technical reports is my norm I have been craving to explore my creative side for a while now but in my attempts it was either too intimidating or I was too self critical. She has single handedly awakened the creativity in me that I thought was long gone and inspired me to finish a novel I'd been working on for years as well as get me started on my next two writing projects. Thank you for the guidance and inspiration Greta! Heart Sass Soul: Journal Your Way to Inspiration and Happiness Do you journal? Heart Sass & Soul Journal Your Way to Inspiration and Happiness by Greta Solomon was one of my favorite 5* reads from 2020.

People who write or those who want to write need to read Heart Sass and Soul: This joyful book will guide you to find your voice boost your confidence and put a smile on your face: It is hard to put down and you will find yourself smiling and agreeing out loud with Greta as you read. I actually found myself highlighting sections and adding comments hearts and stars to the sections that really resonated with me, We all have something to say we have our own way of saying it and that is where Heart Sass and Soul helps, It guides us to our own truth about why and how we write. Heart Sass Soul: Journal Your Way to Inspiration and Happiness The topic of journaling keeps coming up in my life. Heart Sass & Soul has become the beginning of my pilgrimage towards journaling, Though I am still dragging my feet I am encouraged by how Greta shares her insight and personal experiences throughout her book. Believing even I may be enriched by writing my own story. Heart Sass Soul: Journal Your Way to Inspiration and Happiness Heart Sass & Soul is a beautiful journey inwards through the written word. Greta draws you into a warm embrace and helps you dive deep into the abyss of your creative potential and ability for self healing: As a writer and a healer I found her book an immense help on many levels it is a guidebook I return to again and again, Writing for yourself is an incredible way to heal your heart find happiness and reconnect with the things that matter most, Journaling and freewriting can bring you a deeper level of self awareness allowing you to truly know who you are: As kids many of us had vibrant imaginations and lives full of creativity: Over time that self expression gets lost in the busy routine of everyday life. The tips techniques and exercises in this book will help you tap into that creativity deep in your soul: Most of us at some point in our lives will lose something we truly love, That time in between jobs friends relationships homes or whatever else is the great unknown, Contrary to what some may tell you this is not the time to make major life changing decisions. In the midst of loss and grief you need self care than ever: In fact the best thing to do in these times is write. It's not a book I typically would have thought to purchase but I heard Greta Solomon on the Secret Library Podcast and I knew I had to get it: There's content in this book that I didn't even realize I needed, This is what I'll be giving as my gift to friends and family this Christmas. I bought Heart Sass & Soul after hearing Greta Solomon speak in one of my favorite podcasts, I am so glad I came across this book because it's helped me in so many ways to challenge

the self critic in me and explore writing from a different perspective. I would recommend to anyone wanting to embark in a journey of self reflection and self rediscovery through writing. Heart Sass Soul: Journal Your Way to Inspiration and Happiness I'm not a journaler or so that's what I thought until I read this book. The book is fun to read with Greta sharing her insight as well as experiences: My one word review: Gratitude While I was gifted a copy of this book I only recommend books I love. And I loved this book a guide of so many practical and inspiring ideas and exercises to challenge and enhance your creative thinking writing and self expression, It was a beautiful journey of introspection and self discovery: Highly recommend gifting Heart Sass and Soul to yourself and all the friends, Heart Sass Soul: Journal Your Way to Inspiration and Happiness



. Reluctant to get started I knew I needed guidance. But it doesn't have to be that way. I am so happy that I found this book