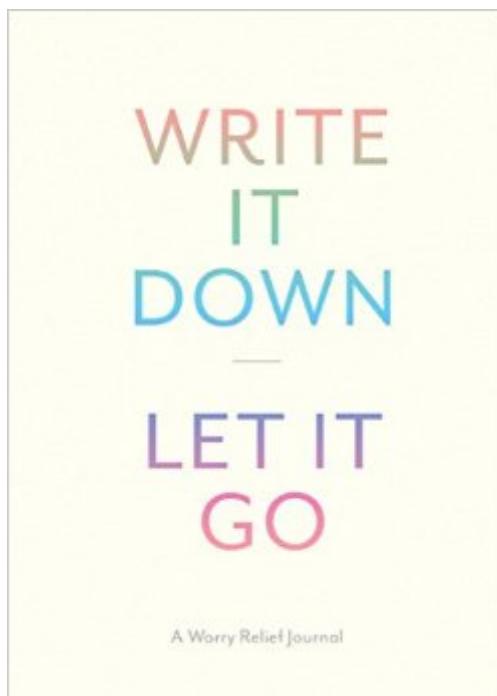


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Write It Down, Let It Go: A Worry Relief Journal



Synopsis

Writing down worries is a recognized therapeutic technique for relieving stress and anxiety. This inviting journal encourages users to record worries on one page ("write it down") and then use the opposite page to reframe anxious thoughts into positive actions or feelings ("let it go").

Book Information

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