



Creative Healing: 30-Day Workbook and Colouring Journey

Liberty Forrest

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Creative Healing: 30-Day Workbook and Colouring Journey Liberty Forrest

Liberty Forrest is an inspirational speaker, award-winning author, artist, and singer/songwriter. With a professional background in social work and counselling, Liberty has combined her abilities as a writer and an artist to create this 30-day journey of reflection and discovery.

Enjoy reading Liberty's inspiring passages and contemplating her empowering words as you colour the accompanying images. Each passage concludes with an invitation to grab a notebook and answer some thought-provoking questions that can assist you on your path of personal and spiritual development.



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