



## Reconnecting the Mind

By Caroline Bodnar

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Ever had those complicated feelings where you just don't know how to describe what's going on? If so, then this book is filled with feelings and moods that are easy for you relate to. It lets you reconnect with your inner self and feelings, which is important to be happy and stay happy. Happiness is a key part of life, but so are sadness and pain. That's why both extremes have stories to tell in this book. For most of my life, I've loved the creative side of things. Expressive writing has come to me in the past few years, and I've fallen in love with it. My goal is now to share my passion with you.



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