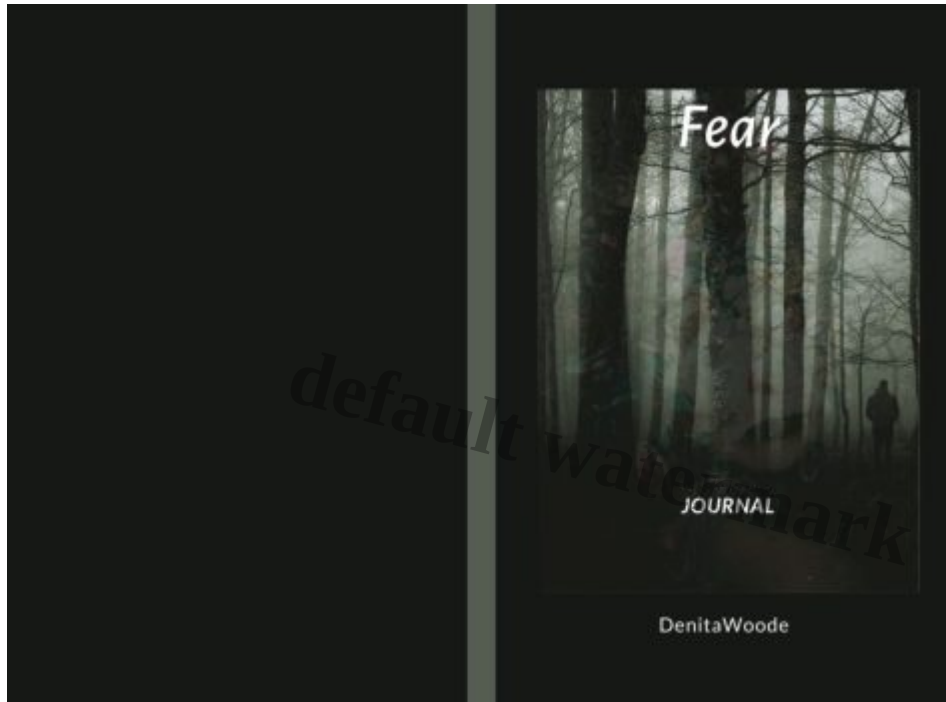


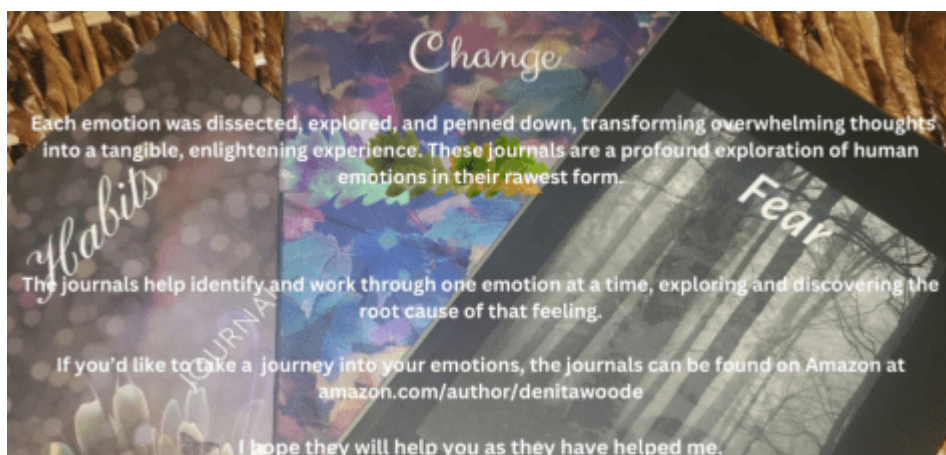
Fear Journal: Identify and Overcome Your Fears

Description



My name is Denita Woode, a Brooklyn-based author and passionate dancer, who loves to express herself through Salsa, Ballroom, and Soca. I've created a journal exploring the therapeutic power of journaling during emotional turmoil, offering a unique perspective on navigating life's challenges.

During the pandemic's chaos, I embarked on a journey of introspection and self-discovery, giving birth to a series of journals. There are a few journals, and the journal titled Fear is a testament to the start of this journey. As emotions swirled, confusing and daunting, I found solace and clarity in journaling.



Visit the [Amazon page](#) to learn more about the author, this journal, and whatâ€™s in store for the future from Denita Woode.

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