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Fight Like A Grown Ass Woman: An Interactive Journal For Women Battling Breast Cancer

Marenda Taylor

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Fight Like A Grown Ass Woman: An Interactive Journal For Women Battling Breast Cancer Marenda Taylor
An Introduction to Writing for Wellness... A breast cancer diagnosis is by far one of the most traumatic and stressful circumstances that any woman can possibly face. This interactive journal created by a breast cancer survivor for breast cancer survivors, uses writing therapy to help reduce stress, lower anxiety, decrease negative emotions, maintain a positive attitude while inspiring you to live every day of your life abundantly. You will tap into reservoirs of strength you didn't know you had, unleashing your pink gloved inner champion. Each exercise in this journal is designed to stimulate your fighting spirit while triggering your body's natural healing process. With each exercise within this journal, the light in you will shine brighter as your soul stirs. Upon reaching the end of this journal you will have written YOUR OWN STORY, ready to share with others if you so choose or hold on to empower your own internal strength. Start writing, start healing.

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