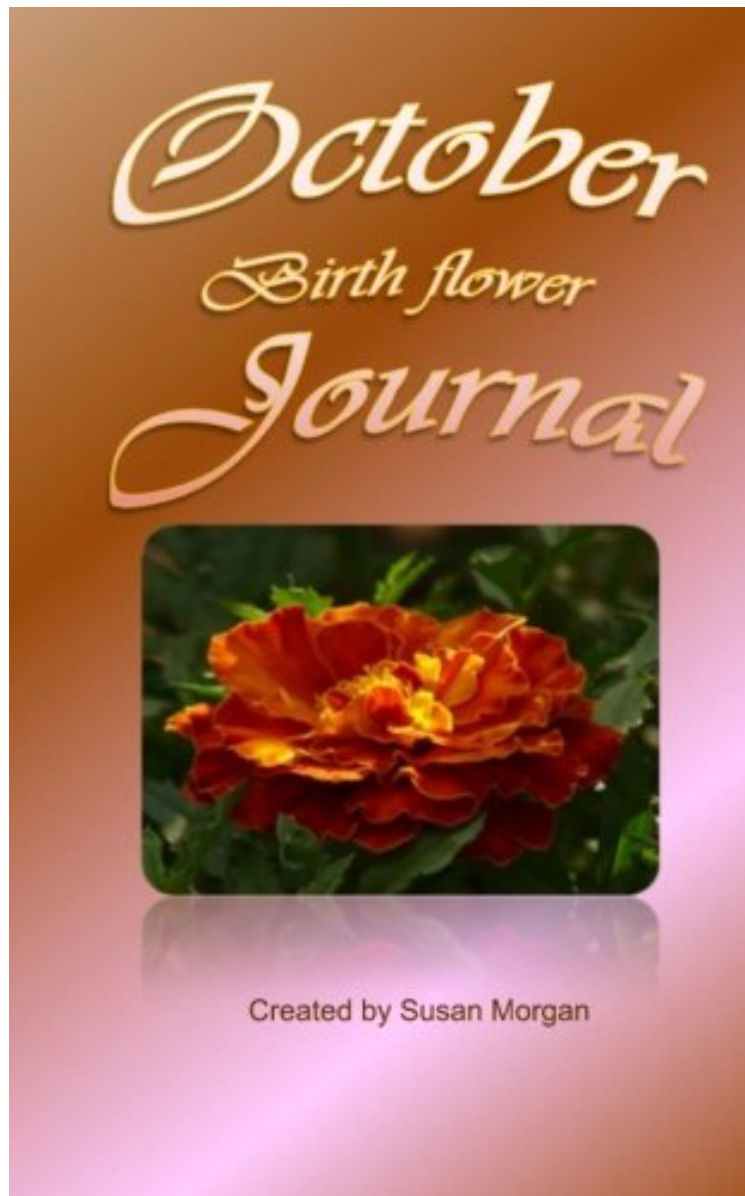


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October Birth Flower Journal (Birth Flower Journals) (Volume 10)

Susan Morgan

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Susan Morgan : October Birth Flower Journal (Birth Flower Journals) (Volume 10) before purchasing it in order to gage whether or not it would be worth my time, and all praised October Birth Flower Journal (Birth Flower Journals) (Volume 10):

For October Birthdays: This journal's cover has a beautiful picture of the October birth flower, and the back cover shows the birth stone. Inside you will find a short description of these and what the meanings of both. 200 lightly lined pages to write on, plus a handy Memory Jogger Index at the back to keep track of entries you want to be able to find again easily. Journaling is wonderful for all aspects of your health and wellbeing, and this lovely journal is a great place to start. Makes a great October birthday gift.

About the Author Susan Morgan is a life/career coach and personality expert who uses the tool of journaling both with clients and for herself. She has journaled for most of her life, and found it extremely helpful as a tool for motivation, creativity and generally keeping her life on an even keel. She has developed her Inspirational Journals to help others maximize on the benefits of writing from the heart on a regular basis. Susan totally believes that this is a tool to improve life, better relationships and generally enjoy all that life has to offer. Susan spends her time between the Pacific West Coast and various parts of the British Isles.