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# The Feelings Journal

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## **The Feelings Journal** Muldover Books

Journal here (if you want to find your feelings). The Feelings Journal is a journal to fill the gap. For all of those who are out of touch with their emotions and seeking to rediscover them, this is the perfect book. Featuring daily opportunities to explore circumstances, emotions, and reactions, as well as space to journal as normal. Also with a twice-per-week activity to further explore an emotion such as: Joy Anger Fear Confusion Bitterness Enthusiasm And about 100 more With a daily format and extra space, this journal makes the perfect companion for any year.

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