

THE SELF- DISCOVERY JOURNAL

52 Weeks of Reflection,
Inspiration, and Growth



Yana Lechtman, PsyD

Secrets Of My Life A Girls Self Discovery Journal

Sharon Abimbola Salu



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The Secrets of My Life Kathy McCoy,2002-08-03 A unique personal time capsule to keep for your whole life you are the author of this guided journal The Secrets of My Life will reveal clues about your personality identity and your future and help remind you what it s like to be you today Sound off on these pages and let this silent companion guide you through this changing time in your life with totally down to earth tips and advice Record your life s story by answering thought provoking and important questions about Where you come from and how you re similar and different to your family Your childhood likes and dislikes Who your best friends are and have been Your favorite things about school and stuff you don t like so much What s going on with your body Who you ve got the hots for What you want to be when you grow up and how you might get there What you think about yourself The best part is you can always go back and read what you ve written see what you ve experienced and felt and be amazed at just how much you are changing from a little kid into a young woman We Don't Talk Anymore Kathy McCoy PhD,2017-10-03 Understand the painful silence of estrangement and finally heal the rift Estrangement from an adult son or daughter is one of a parent s worst nightmares Becoming estranged from a parent can be equally painful for an adult child who may miss the relationship they once shared For both it can mean angry silences and anguished days and nights wondering what went wrong Written by Kathy McCoy one of the nation s more revered experts on family relationships We Don t Talk Anymore is a insightful and relevant new exploration of estrangement for both parents and adult children Each chapter also provides compassionate practical tips focused on what both parents and adult children can do including Finding courage to reach out to your loved one Understanding the conflict and discovering a new and fulfilling connection Letting go and rebuilding your life Families deserve clarity and understanding We Don t Talk Anymore will show you those first steps toward dealing with a painful topic and finally healing **Town Journal** ,1926 *Diaries and Journals of Literary Women from Fanny Burney to Virginia Woolf* J. Simons,1990-04-18 This highly original book investigates the part played by their personal writings in the lives of eight literary women Can private journals provide information about their authors public works Do diaries dramatise the development of an individual literary voice What was the special attraction of the diary form for women and why has it been so undervalued Drawing on current feminist critical approaches Judy Simons explores these and other questions in a stimulating and wide ranging study of women s diary writing which revises our entire way of thinking about this traditionally neglected genre and its particular implications for the woman writer *Secrets & Mysteries* Denise Linn,2002-09-01 The Glory and Pleasure of Being a Woman Secrets how to discover the mysteries of the Goddess the secrets for activating radiant confidence and self esteem the art of sacred sexuality and the pleasure of outrageous orgasms how to awaken your inner warrior woman how to initiate and celebrate your ecstatic life force and nurture your body and soul and the secrets of a shamaness s power Each chapter offers a rich tapestry of information ritual story and meditations a combination of timeless lore and majesty of the feminine experience With a strong

voice and powerful images relevant to women of all ages and backgrounds this is a remarkable handbook for any Goddess in the Making *School Library Journal* ,2010 **The London Journal: and Weekly Record of Literature, Science, and Art** ,1860 **The Young Woman's Journal** ,1906 The Aso Ebi Chronicles: Complete Mystery Series Sharon Abimbola Salu,2017-09-17 This special omnibus collection contains all four novellas in a single volume The Aso Ebi Chronicles is a mystery and romance series set in Lagos Nigeria The entire collection of african lady detective mysteries is collected for the first time in one thrilling bundle Available as an eBook bundle and paperback this series box set of four intriguing mysteries will make a great addition to your library In the novellas four strong female protagonists find themselves in situations where they have to play the roles of private female investigators to solve puzzling mysteries The adventures of these amateur female sleuths solving mysteries and finding love in the Lagos metropolis are collected in this 4 in 1 mystery bundle The collection includes BEWAJI S ANKARA ADVENTURES BOOK 1 Bewaji i is a 24 year old woman who is hired to investigate a strange case involving an American woman romantically involved with a man living in Nigeria The presumption is that the woman is a victim of one of the popular romance scams Will her suspicions be proven right WURA S WOODIN ADVENTURES BOOK 2 Someone has been stealing expensive jewelry from Alhaja Munirat Rahman a fabric and jewelry merchant It is up to Wura Oyelese her 20 something year old niece to unmask the culprit As she nurtures a budding romance with the intriguing Kola Adegbenro and pursues the highly coveted title of Miss UNILAG will Wura catch the thief LARA S LACE ADVENTURES BOOK 3 Lara Adefuye stumbles on an old picture which brings her face to face with the bitter truth behind her name Then a chance reunion with an old university classmate leads her to start an adventure of her own working undercover as a private investigator at a prestigious secondary school As Lara works to solve a puzzling mystery she discovers the power of relationships especially when she finds herself entwined in a romance she was not expecting VIOLET S VELVET ADVENTURES BOOK 4 Violet Edem leads a relatively boring life as a Finance teacher at a community college in Houston Texas Her love life is just as boring as her job until the unexpected happens Two men waltz into her life and Violet must decide which one of them has a future with her Then as she prepares for a wedding something terrible happens to the groom Violet is unwittingly swept up in solving a mystery where she discovers that the past may very well hold the key to the future Aso Ebi means family cloth in Yoruba These stories celebrate the rich African culture taking the reader on a journey into the lives of four young Nigerian women The novellas can be read in any order **Surface Design Journal** ,1991 **Junctures in Women's Leadership** Linda Steiner,2025-06-17 The news industry is still dominated by men Yet women have exercised leadership in journalism and related media professions in a variety of ways from moral leadership to experimenting with structural and technological innovations and pioneering new formats to serve new audiences This book offers a robust account of women s leadership in journalism looking at what motivated women to become media leaders the obstacles they overcame and the strategies they used to solve problems and handle crises This book offers profiles of inspiring women in

prominent media positions from the nineteenth century to today beginning with trailblazers like abolitionist publisher Mary Ann Shadd and Memphis Free Speech anti lynching editor Ida B Wells The book takes an in depth look at the leadership styles of well known media moguls like Oprah Winfrey and Washington Post publisher Katharine Graham Other chapters highlight women now emerging as media leaders such as digital media executive S Mitra Kalita and Iman Zawahry a Muslim hijabi filmmaker Bringing together cases from print broadcast public relations film and digital media this book offers useful insights into how to be an effective leader in an ever changing industry Farmer's Advocate and Home Journal ,1909

The London Journal ,1860 *The Gentleman's journal* ,1870 **Circles of Beauty** Glenda K. Rose

Freeman,2019-08-09 Many girls who grow up thinking their hair complexions and body types determine how beautiful they are often condemn themselves for not looking like someone else or for failing to achieve a superficial definition of beauty determined by society Thankfully it is never too late for girls and women to discover their hidden treasures and truths and then use those gifts to refine cultivate and nurture themselves to become a strong female presence that radiates beauty from the inside out Within an inspirational guide Glenda K Rose Freeman shares a road map that helps girls and women enhance their character self image and vision by developing an understanding of biblical truths becoming the image of God and actively creating a presence in the world While leading others down a path of enlightenment Freeman promotes true beauty and confidence by encouraging females of all ages to embrace their essence of womanhood diversity and differences find balance within the Circle of Beauty and see in one another what God sees in us Circles of Beauty is a compass that reminds girls and women that self acceptance is a beautiful delight that honors the joy of our souls and unifies us to become all that God intended us to be The Journal of Commonwealth Literature ,1997 One number each year includes Annual

bibliography of Commonwealth literature **Handbook of Autobiography / Autofiction** Martina

Wagner-Egelhaaf,2019-01-29 Autobiographical writings have been a major cultural genre from antiquity to the present time General questions of the literary as e g the relation between literature and reality truth and fiction the dependency of author narrator and figure or issues of individual and cultural styles etc can be studied preeminently in the autobiographical genre Yet the tradition of life writing has in the course of literary history developed manifold types and forms Especially in the globalized age where the media and other technological cultural factors contribute to a rapid transformation of lifestyles autobiographical writing has maintained even enhanced its popularity and importance By conceiving autobiography in a wide sense that includes memoirs diaries self portraits and autofiction as well as media transformations of the genre this three volume handbook offers a comprehensive survey of theoretical approaches systematic aspects and historical developments in an international and interdisciplinary perspective While autobiography is usually considered to be a European tradition special emphasis is placed on the modes of self representation in non Western cultures and on inter and transcultural perspectives of the genre The individual contributions are closely interconnected by a system of cross references The

handbook addresses scholars of cultural and literary studies students as well as non academic readers
Edinburgh Journal ,1840 **Chambers's Journal of Popular Literature, Science and Arts** ,1885
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