



Healing Journal

By Speedy Publishing LLC

Speedy Publishing LLC, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.There are many benefits to have a healing journal. This type of journal can help you track your health symptoms, explain problems and goals to your doctor, serve as a treatment plan reminder, motivate you to exercise and eat better foods, and show you the improvements you achieve with treatment.

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