



How Are You Feeling Today?: A Unique Journal/Coloring Book To Explore Your Emotions (Feel Good Journals) (Volume 1)

Patricia J. Yarc

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(Pictures On The Author Page)

How Are You Feeling Today is an *interactive Self-Discovery Journal* which enables you to answer that question by getting in touch with your feelings and emotions.

Doing this is really important - when we feel good, we can conquer the world, but...when we feel bad, many times we just want to crawl into bed. Our feelings and emotions Shape Our Day - Shape Our World!

I created this journal to help you discover the reasons for how you feel - what things (people, events) in your life make you feel good or bad and why. This can be done by defining the reasons and seeing a pattern. This journal is unique because the entries are made by emotion, not by chronological date, so negative issues become more apparent and the positive areas of our life also become more defined.

Included in the journal are:

- 142 Pages and 21 Sections, each consisting of 7 Positive Emotions, 7 Negative Emotions 6 Blank Sections for expansion, and a special Happy Moments Section along with Guidelines and Tips on how you can make the most of using this journal.
- Each Section is designated by a full coloring page (therapeutic art to calm and relax) and a relevant inspirational quote page, with room to add a few of your own favorite quotes plus four full lined journaling pages.
- Also, in each Section, a wise little bird named "Emo" has some really good tips and prompts to help you along on your self-discovery journey.
- The journal cover is high-gloss with vibrant colors, and there are fun matching Journaling Reminders (also sold on Amazon) to encourage journaling. The How Are You Feeling Today? Journal makes a unique and thoughtful gift for all ages including teens.

For me, as an artist, I loved creating this unique kind of Journal/Coloring Book - but my purpose is to give you a powerful tool to become better in touch with your feelings and emotions to create positive change. This will ultimately lead to a greater degree of peace and happiness in your life. That is my wish for you.

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Bruce Davis:

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