

Meera Lee Patel

Made Out of Stars: A Journal for Self-Realization



From the bestselling writer of Start WHAT YOUR LOCATION IS and MY PAL Fear, a beautifully illustrated journal that celebrates why is each folks uniquely amazingMeera Lee Patel's first guided journal, Start WHAT YOUR LOCATION IS, has inspired thousands of readers through a rare mix of stunning watercolor art and thoughtful, empowering prompts and quotations. A booster shot of self-care when it's needed most, this beautiful, intimate book will be a touchstone for anyone seeking to better understand themselves to allow them to clear out the "noise" and become who they are.Her next journal will pick up the journey, encouraging readers to recognize and embrace why is them truly special.



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A colorful, reflective, and gentle journal! Such a lovely book! Love this book I love this book so much i ordered 3. Thank you Meera Lee Patel! The wording is simple and immediate. The arts in the journal are drawn by the author herself with effective and insightful communications, and guestions that would assist you to learn, reflect, and value. A striking book to inspire you to raised understand who you are & This book simply feels as though a magical gateway. Made of Stars is a wonderfully inspiring and useful journal! Each page carries a quote from, and a prompt that you can consider who you are, how you look at the world, and what you are capable of. So beautiful I don't also want to use it! what you can perform. The journal is perfect for children, adults, and adults. Throughout are simply amazing illustrations and paintings from the author. If you are searching for something artistic and inspiring, then this is actually the book.! I enjoy going right through all the pages and it feels magical. I keep getting them for friends GORGEOUS Actually enjoying Meera Lee Patel's newest book, full of gorgeous illustrations and original thoughts of self-realization. I like that there's a lot of room on the web pages to draw/doodle/create thoughts out! Great gift This journal is very beautiful but I didn't feel like it was as original as some others I have used. Will definitely be gifting this to friends over the holidays. Loved her recent journals though.



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