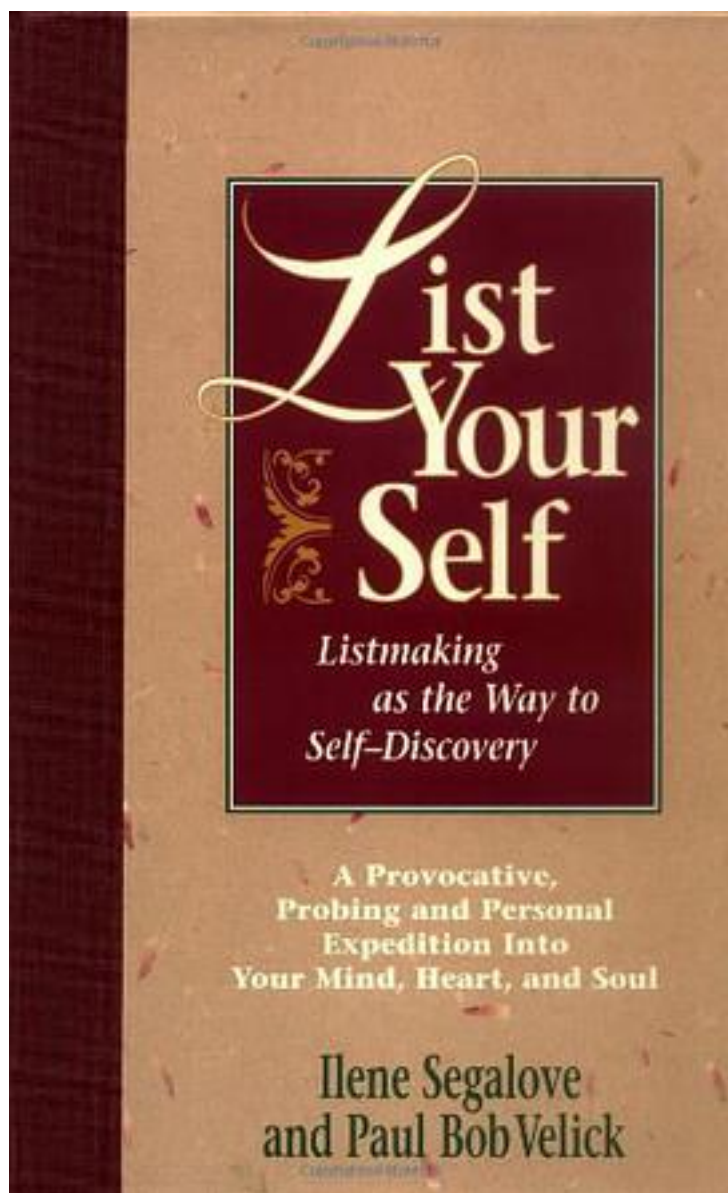


List Your Self



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List Yourself unlocks the door to your personal identity. It's an easy, provocative, and liberating opportunity to get to know yourself. --Ilene Segalove This best-selling interactive journal gets a face-lift with a new cover and an interior redesign. Ilene Segalove and Paul Bob Velick offer more than 175 journaling prompts designed to encourage serious self-reflection. Categories encourage readers to write about their fears, loves, regrets, life changes, friendships, health regimes, superpowers, wishes, and more--all of which are destined to lead to a deeper knowledge of themselves, their goals, and dreams.

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