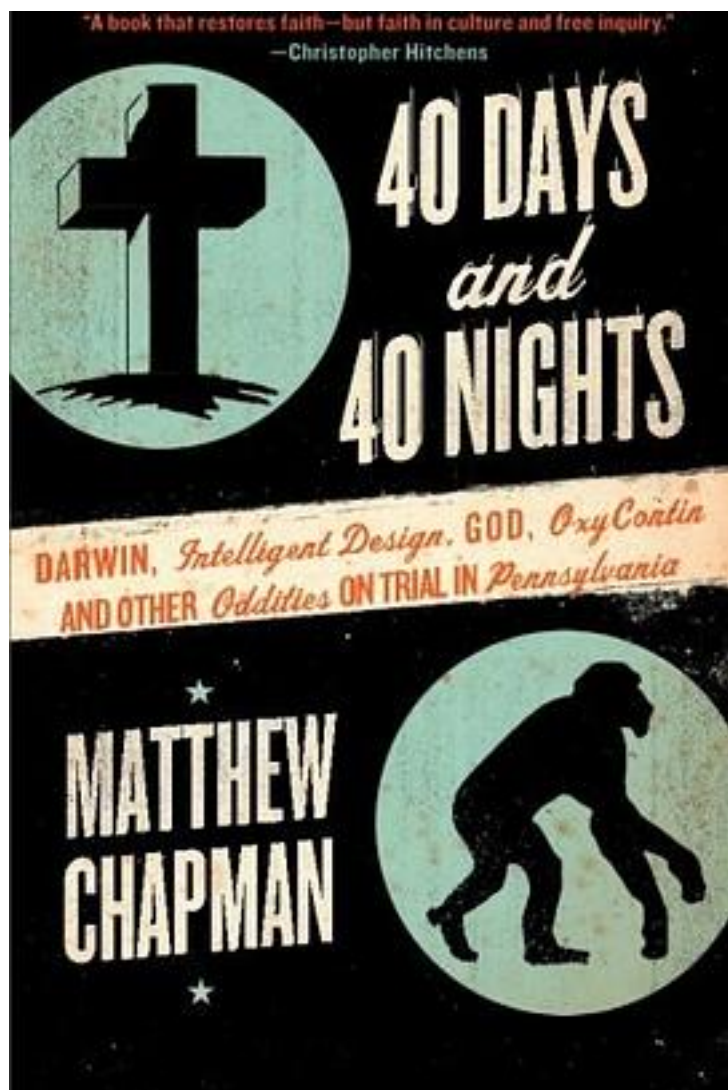


40 Days and 40 Nights



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The guided journey continues as Ilene Segalove takes readers through her self-awareness journaling program in "40 Days and 40 Nights."The book accompanies readers on a 40-day guided excursion of personal growth, discovery, and self-inquiry.* Carefully selected prompts lead the reader on a path of self-discovery and change.

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