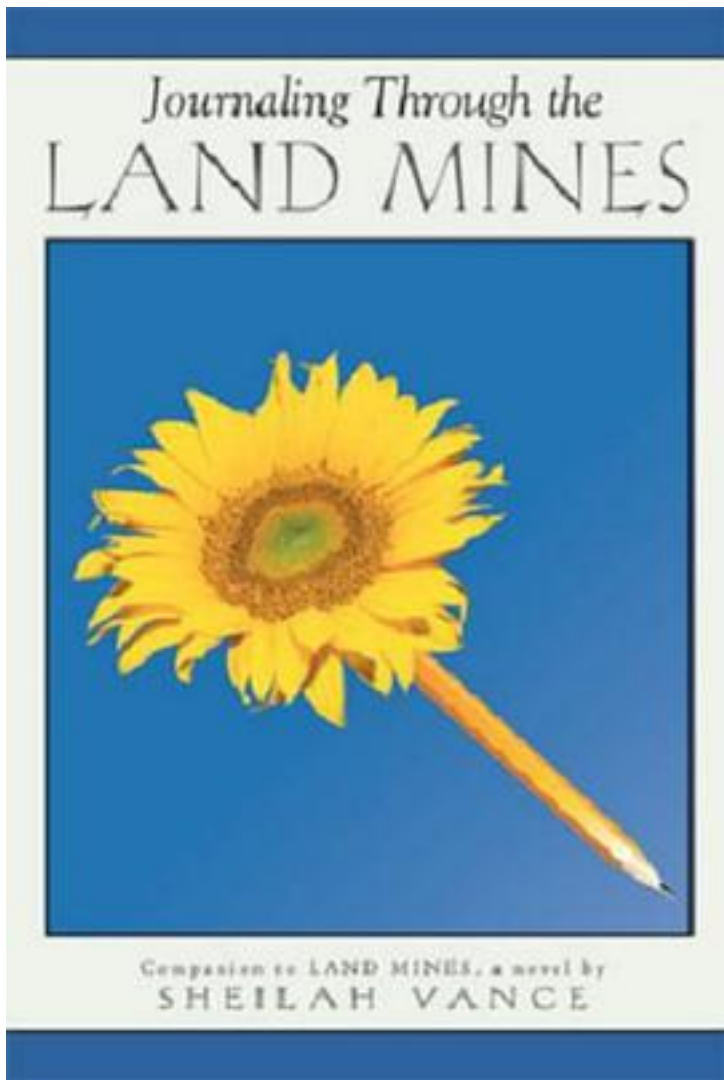


Journaling Through the Land Mines



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Journaling Through the Land Mines is the companion journal to the novel, Land Mines. The journal includes 77 writing prompts that cover situations the reader may likely encounter and questions to help the reader address the issues that are floating around in her soul. The prompts are in the form of unfinished sentences that the reader can finish to begin her journaling: "When I realized my marriage was ending....," and, "When I told the children we were separating....," and, "My self esteem...." The rest of the journal includes over 100 pages with inspirational quotes and space for the reader to record her reflections, thoughts and feelings as she works through the land mines of separation, divorce and dating again.

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