



# The holidays will be different this year...

*A thoughtful, affordable holiday gift to heal the body, mind and spirit!*

**Write Yourself Well...Journal Your Self to Health** by Ina Albert & Zoe Keithley

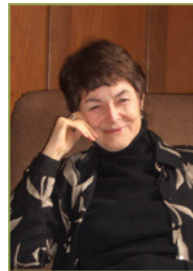
In these trying times, most of us want to stay close to our families and friends and focus on relationships that bring meaning to our lives.

So how can we stay centered and hopeful about the year to come and be grateful for what we have and the land in which we live? At the same time, how can we keep our expenses within reasonable limits this year?

**Write Your Self Well...Journal Your Self to Health** is the perfect holiday gift. It demonstrates that you care deeply about the welfare of your loved ones. It helps them get well and stay well by using our unique method of journaling that can relieve stress, lower blood pressure, speed recovery, reduce the symptoms of disease and even improve relationships.



**Ina Albert** has written numerous articles and short stories in her 35 year career as a healthcare public relations professional, trainer, workshop facilitator and consultant . Visit her online at [www.writeyourself.com](http://www.writeyourself.com).



**Zoe Keithley** is director of the renowned Story Workshop at Columbia College-Chicago. Zoe is nationally published and the winner of numerous fiction and poetry awards.

## Order the Book

We are offering **Write Your Self Well** at a holiday discount price of \$14.95 if you order it through our website at [www.writeyourself.com](http://www.writeyourself.com).

You can also purchase **Write Your Self Well** through Amazon.com, or at your local bookstore.

**Special Holiday Discount: \$14.95**  
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