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# Pathfinder

Karen Walrond



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#### Pathfinder Karen Walrond

If you're considering a career change, are in the middle of a personal life transition— or are simply looking for a way to add some happy moments to your life—this creative, fun-filled guided journal will help you navigate and discover your own personal method of curating a meaningful life. Path Finder, based on Karen Walrond's popular on-line class, is all about encouraging you along your own path of self-discovery. Every chapter provides journaling prompts, exercises, food for thought and meditations, to help you to see and develop and create your own path forward toward a more fulfilling life. The exercises will invite you to tap into your inner creative, and invite you to write, journal, doodle and even photograph your thoughts, so you'll gain more insight into how your spirit ticks.

Filled with the inspirational ideas and images Karen became known for on her blog Chookooloonks and in her book The Beauty of Different, Path Finder will propel you on a journey of self-discovery, with the goal of discovering your own vision and self-purpose. Step-by-step, you'll discover how to inject some real happiness into your life.

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