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MY LIFE"

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## write your way to a better life

The key to uncovering your true feelings may be as simple as putting pen to paper. "Everyone has inner wisdom," says Sandy Grason, author of *Journalution: Journaling to Awaken Your Inner Voice, Heal Your Life, and Manifest Your Dreams*. "Sometimes you just can't hear it with all of the other things you have going on." Want to slow down and get more clarity? Follow her advice on using a journal to gain perspective. ▶

