

### Datasheet Journal para el Alma

Title	Journal para el Alma
Description	Journal for the soul is a book inspired by people like you who like to dream, laugh and connect with their essence, it is a book to be happy, to disconnect, to make space for yourself, to fill it when you feel that beautiful thoughts come into your head or just when you want to enjoy a moment, to get to know you better, heal and have fun. In this book you will find meditation activities, writing activities, free drawing, lettering, and many more. Enjoy it.
Author	Andrea Agudelo
Pages	100
Editorial	Mandalas para el Alma
Year of edition	2019
Language	Spanish
Material	Soft cover and bond sheets
Measurements	24X23X1,5 cm
Color	Various colors
Weigh	0,74 kg
Hard / Soft cover	Softcover