

Today I affirm

A JOURNAL THAT NURTURES SELF CARE

ALEXANDRA ELLE

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Alexandra Elle**

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Synopsis book

From Alex Elle, celebrated poet and author of *Neon Soul* and *Words from a Wanderer*, comes *Today I Affirm* a journal and guide to reading and writing daily affirmations. Writing serves as a form of meditation. When we slow down and settle into ourselves, affirmations can assist us in self-awareness, introspection, and understanding. *Today I Affirm* helps walk readers through the ins and outs of cultivating positive self-talk in a way that is stress-free and easy to understand. This innovative book includes affirmations written by the author, short bits of inspiration, charts to fill in, as well as journal pages all with the focus on self-care.

**Today I Affirm: A Journal that Nurtures Self-Care by Alexandra
Elle**

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