

My Thoughts



When
You've Touched
The Hearts of Many,
You're Memorable

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My Thoughts



My Thoughts, is a beautiful, bronze, micro-suede journal featuring 136 pages, 20 original inspirational poems, thought provoking reflection pages and plenty of space for the individual to write their own thoughts and feelings. The journal is meant to provide people from all walks of life an outlet to self-reflect, self-discover, self-accept and ultimately self-love through the inspiration of words and the empowerment of journal writing. Its main focus is to provide a positive, inspirational journey of self-expression.

My Thoughts is a unique journaling adventure, a treasured keepsake, a personal healing experience and a gorgeous gift idea. Undated, it provides the opportunity for individuals to self-express at their own pace.

You are about to embark on a journey of Self-Reflection, Self-Discovery, Self-Acceptance and ultimately Self-Love. Through the inspiration of words and the empowerment of journal writing, the magic in your life awaits!

My hope for you is to become inspired and share your own inspiration, to understand and accept where you've been and to embrace your future with an abundance of love and infinite happiness!

**EXPRESS YOURSELF,
WRITE AWAY!!**

About The Book

Title: MYTHOUGHTS

Author: Sandra Nascimento

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My Thoughts - What People Are Saying

"Sandra's inspirational writing touches both heart and soul as she gently guides us into a unique journaling adventure. Her passion to uplift and encourage the reader is evident through her thought-provoking poetry and supportive suggestions woven throughout the book. Sandy has a beautiful way of taking us back to basics and discovering the simplicity and inner peace we crave through getting our thoughts in writing. Her genuine and heart-felt writing brings us down to earth by pointing us upward to Heaven! This is a book I will highly recommend." **Sue Augustine, International Speaker & Author**

"Having spent the last 30 or more years, journaling my thoughts, dreams and goals, I know that doing so can be life changing. This wonderful journal, My Thoughts, will come in very handy, in the future, as an aide to asking pertinent questions and cultivating thought-provoking ideas for a better more creative life. Thanks Sandra for your brilliant idea!" **Darlene Montgomery, Author & Publicist**



About The Author

Sandra Nascimento resides north of Toronto, Ontario, Canada. She is married with three children. She has been writing for many years, enjoys reading and loves to cook Portuguese cuisine.

"Through the many ups and downs in life, I have learned about the importance of journal writing. Being inspired is universal and virtually everyone can benefit therapeutically from writing down their thoughts and feelings."