



## Wilde Words: An Oscar Wilde Journal

By Erica Gerald Mason

Createspace, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Wilde Words is a written meditation series based on the timeless works of Oscar Wilde. The journal is guidebook of thoughtful quotes as writing prompts, carefully chosen to inspire creative writing, journaling and written meditation. The act of journaling can spark transformation, self-love and acceptance. This guide is a snappy, fun and unexpected practice to unveil the answer to the age old question: how do I become a better person? Writing prompts designed for self reflection broaden your insight into the realization of who you really are. This awareness holds up a mirror to your soul, and tells you how beautiful you are, just the way you are, in this moment. Your only task is to open your heart, quiet your mind, and release your preconceived notions of meditations. Once you make this shift in your consciousness then, your intentions change. When we change our intentions, we change our world. You ll begin to notice these shifts, almost as if they were tectonic plates rearranging themselves right before your eyes.and then, something beautiful happens: your path with begin...

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