

A woman with blonde hair, wearing a white long-sleeved top and grey pants, is sitting on a light-colored couch. She is smiling and looking down at a black journal on her lap. Her right hand is holding a black pen, ready to write. The background is a bright, slightly blurred indoor setting.

# **BEGINNERS GUIDE TO JOURNALING & MENTAL HEALTH**

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# Mental Health For Beginners

**Raffaela Di Napoli**



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