

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

BEGINNERS GUIDE TO JOURNALING & MENTAL HEALTH

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Mental Health For Beginners

David Baud



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