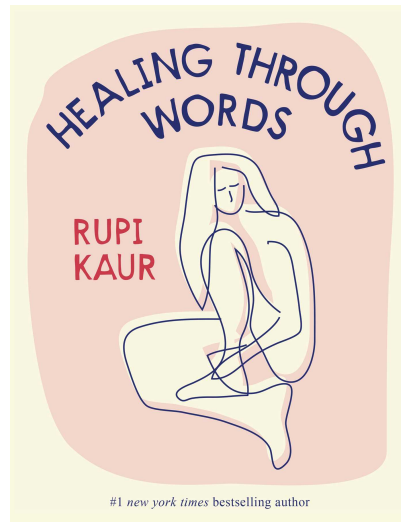


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# (DOWNLOAD) PDF Healing Through Words BY : Rupi Kaur



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## Description

#1 New York Times bestselling author Rupi Kaur presents guided poetry writing exercises of her own design to help you explore themes of trauma, loss, heartache, love, family, healing, and celebration of the self. Healing Through Words is a guided tour on the journey back to the self, a cathartic and mindful exploration through writing. This carefully curated collection of exercises asks only that you be vulnerable and honest, both with yourself and the page. You don't need to be a writer to take this walk; you just need to write—that's all.