



## What Would You Say: (If You Could Say Anything)

By Hannah Catherine

Createspace, United States, 2013. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Written by a young adult on a journey of building self confidence in herself, What Would You Say is an interactive journal that revolves around writing letters to specific people- friends, family, coworkers, etc- as a project of learning to express ourselves. You can write the letter as if it s meant to be sent later, or you can rant and write down all the things you wish you could have the courage to say to their face. The letters can be positive or negative, shared or private, it s up to you! The journal was first started after a letter writing project the author gave herself in the hopes that writing out her thoughts would help her express them in person better. When the project boosted her self confidence and allowed her to speak her mind and be herself around others, it inspired this interactive journal. to help other young people who struggle with the same issues. Each journal entry starts with a prompt of who to write the letter to, and a sample of the letter...



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