

Self Discovery

1. Healing the Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families
Dr. Charles Whitfield; 1987
2. A Gift to Myself: A Personal Workbook and Guide to "Healing the Child Within"
Dr. Charles Whitfield; 1990
3. The Road Back to You
Ian Morgan Cron and Suzanne Stabile; 2016
4. True You: A Self-Discovery Journal of Prompts and Exercises to Inspire Reflection and Growth
Dr. Kelly Vincent and Jacinta Kay; 2020
5. The Self-Love Workbook: A Life-Changing Guide to Boost Self-Esteem, Recognize Your Worth and Find Genuine Happiness
Shainna Ali; 2018
6. Self Discovery Journal for Women: 365 Days of Magical Lists for Happiness, Gratitude, and Everyday Bliss
Dreamstorm Publications; 2018
7. Self Discovery Journal: 200 Questions to Find Who You Are and What You Want in All Areas of Life
Gerald Confianza; 2018
8. Self Discovery Journal for Men: 121 Thought Provoking Questions: Self Discovery Journal Questions for Men
Shalu Sharma; 2016
9. Self Discovery Journal: 100 Days of Self Exploration: Questions and Prompts That Will Help You Gain Self Awareness in Less Than 10 Minutes A Day
Amy J. Blake; 2018
10. The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are
Brene Brown; 2010

11. Listify: List and Journal Your Way to Balance, Self-Discovery, and Self-Care (Daily Journal for Women, Gift for Anxiety, Stress-Reducing Power of List-Making)
Marina Greenway; 2020
12. This is For You: A creative toolkit for better self-care
Ellen M. Bard; 2018
13. Start Where You Are
Meera Lee Patel; 2015
14. Self Discovery Journal for Teens and Young Adults: 200 Questions and Writing Prompts to Find Yourself and the Things You Want to Do in Life
Gerald Confianza; 2018
Aminatou Sow and Ann Friedman; 2020
15. Zen as F*ck: A Journal for Practicing the Mindful Art of Not Giving a Sh*t
Monica Sweeney; 2018
16. You Are a Badass®: How to Stop Doubting Your Greatness and Start Living an Awesome Life
Jen Sincero; 2013

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