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## The Self Improvement Show Archives Available

April 07th 2011: **Journaling by the Moonlight**

Tina Games will discuss how she came to write her book, *Journaling by the Moonlight: A Mother's Path to Self-Discovery*. She will share her personal story of transformation and how it led her on a path of self-exploration using journaling as her primary tool for personal growth and self improvement. Tina will share with us how she got started in Journaling and why she thinks it's important for woman to journal about their wants, desires, difficulties and life challenges. She will address how we answer the question: "I'm a mother, but who am I really?"



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