



Face Forward, Move Forward Journal: Peace (Volume 2)

Arlene Gale

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This journal, inspired by the topic: "Peace" is another companion to the award-winning, best selling nonfiction book: Face Forward, Move Forward. Each journal page begins with a thought-provoking, encouraging or inspiring quote on finding peace in the moment, harnessing peace within yourself, minimizing stress, overcoming pressure, and more. These quotes are a starting point for you to reflect on how your actions, words, and thoughts either support building a life of peace or rob you of peace. There are positive words of wisdom throughout this journal on how to live a life that is more than mere day-to-day survival, but rather learn how to thrive while moving toward the peace you were created for, a peace that surpasses all understanding. Journaling is a powerful tool. It can be life changing. This journal can be used to create and track hopes, dreams, prayers, and struggles. Time spent journaling can lead to a deeper understanding of who you are and where you're going in life. You can work the journal on your own, find a mentor or friend, or start a small group, to work together and discuss what you are learning about yourself. There is no right way or wrong way to use this journal, there is only your way.

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