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the

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interactive sections warm up hurdles and
strength each with prompts challenges and
motivators to help get you started'**
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stronger takes it a step further providing not just a safe space for getting your thoughts down on the page but the tools to help identify triggers and develop ways of managing them featuring 30 writing exercises and three core stages warm up hurdles and strength ollie describes it as a workout for the mind"ollie aplin mindjournal this book will make you stronger

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make them stronger as a life journal it is of
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by ollie aplin as a kickstarter campaign in**

february 2016 after discovering the power of keeping a journal but also the challenge of knowing how and what to write ollie was motivated to create a book designed specifically for men around journalling as a life tool and mind workout mindjournal is now a global movement'

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take the first step to being a stronger version**

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