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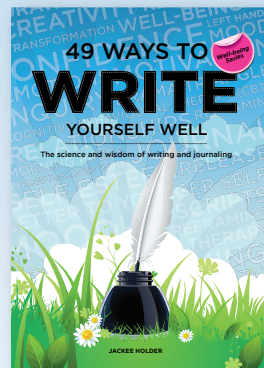
49 WAYS TO WRITE YOURSELF WELL

The science and wisdom of writing and journaling

by local author Jackee Holder

Wednesday 10th June 2015, 6.30–8.00pm
at Alexandra Nurseries, Estate House, Parish Lane,
Penge, London SE20 7LJ

- Meet the author and discover the book
- Copies available to buy for just £9.95 (RRP £12.95)
- Start the journey of writing yourself well
- Book signing session
- Refreshments available to buy



'Writing can't change the story but it can change the way you think about it.'

J Connor, 2008



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