

40 Days and 40 Nights: Taking Time Out for Self-Discovery

By Ilene Segalove

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40 Days and 40 Nights: Taking Time Out for Self-Discovery By Ilene Segalove

From the best-selling coauthor of the *List Your Self* series, *40 Days and 40 Nights* is a guided journal of self-inquiry and personal discovery based on a symbolic 40-day period.

There is something sacred and profound about the number 40. In ancient texts, it is revered as the length of time required for enacting lasting change.

This interactive journal will help you to dedicate an inspired time and space for conscious growth. It begins with identifying and clarifying your intention for the excursion. What do you want to accomplish or discover? No matter what your intention, whether it be to end a stagnant relationship or to find your true life's calling, the 40 days will act as a vital container as you go about your normal life with more awareness and commitment. Each day includes simple, yet insightful activities and stories, as well as thoughtful journaling prompts focused on specific topics to help you along your journey. There are also blank journaling pages designed to record the physical part of this spiritual journey. Once the 40 days are complete, you can reenter the world and make the most of what you've discovered during this special period. Segalove's accessible step-by-step framework provides an uplifting odyssey, one that will enliven the way you connect with yourself, with others, and with the rest of your life.

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Editorial Review

About the Author
Ilene Segalove of Santa Barbara, California, is a book editor, writing coach, and sometime multimedia artist. She is the author of *List Your Self*, *40 Days and 40 Nights*, *Unwritten Letters*, *Risk Your Self*, *The Write Mood*, and a number of other prompted journals designed to increase self-awareness and provide personal insight and creativity.

Users Review

From reader reviews:

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