



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

Ilene Segalove

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The guided journey continues as Ilene Segalove takes readers through her self-awareness journaling program in *40 Days and 40 Nights*.

The book accompanies readers on a 40-day guided excursion of personal growth, discovery, and self-inquiry.

* Carefully selected prompts lead the reader on a path of self-discovery and change.

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