



Lily White offers A Ledger Of Improvement.

A benefits journal, a simple and effective way of helping you to start thinking positive, help you work through difficult issues, improve your life style, boost your wellbeing, help you set your goals and achieve them, help you interact with your inner self. The book will have notes, quotes things for you to do, images and spells for you to cast but also it will be your journal to write and add your thoughts, images and feelings. It will help you clear clutter from your mind as well as your surroundings. Helps you work on yourself.