

Original Title:
To Heal You and Heal Me
First Published in The Netherlands in 2021.

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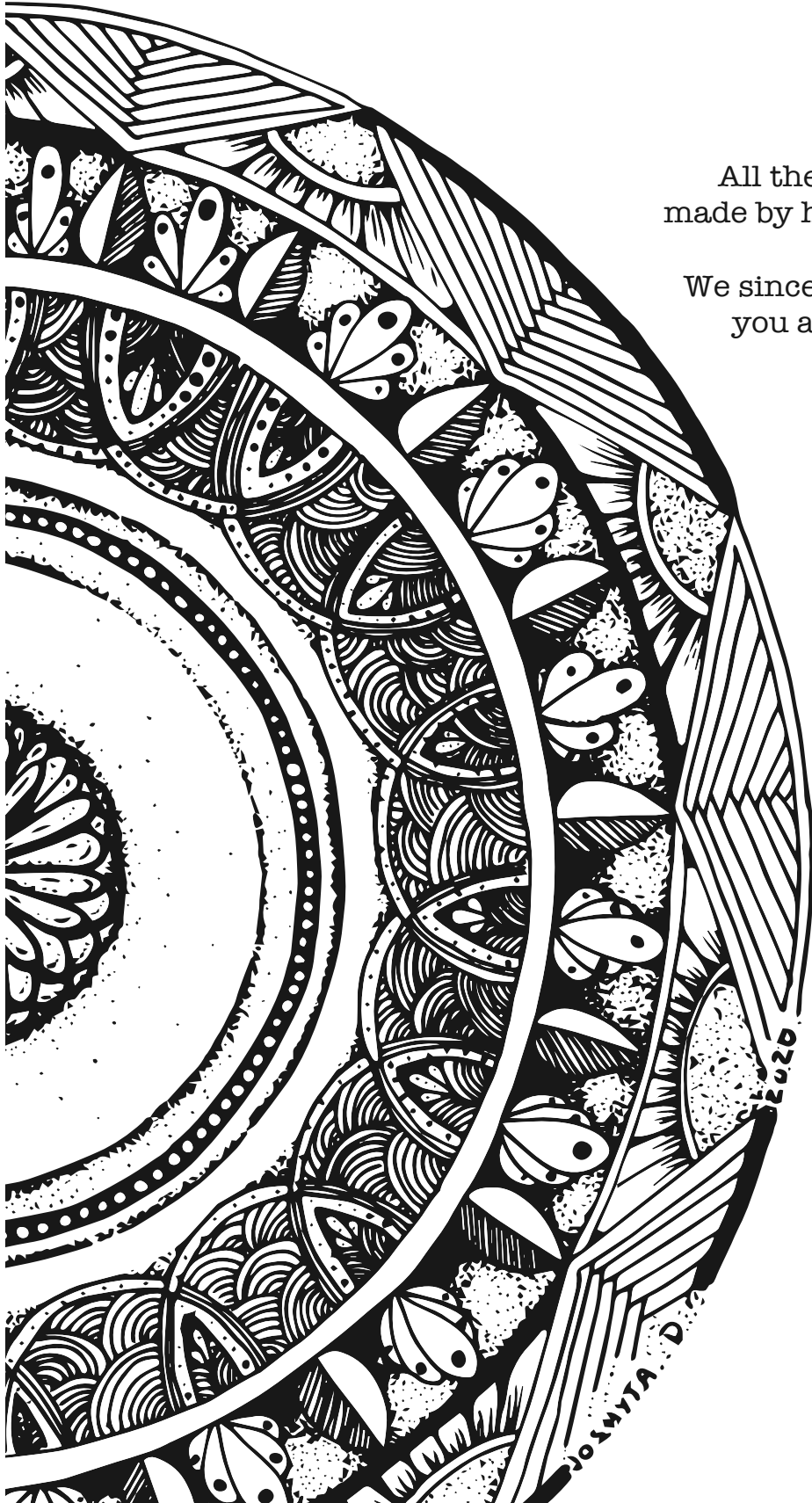
All the drawings in this book have been
made by hand and then digitally processed
by the author.

We sincerely hope that this book will help
you as much as it has helped us in this
challenging year.

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ISBN
9789403634739

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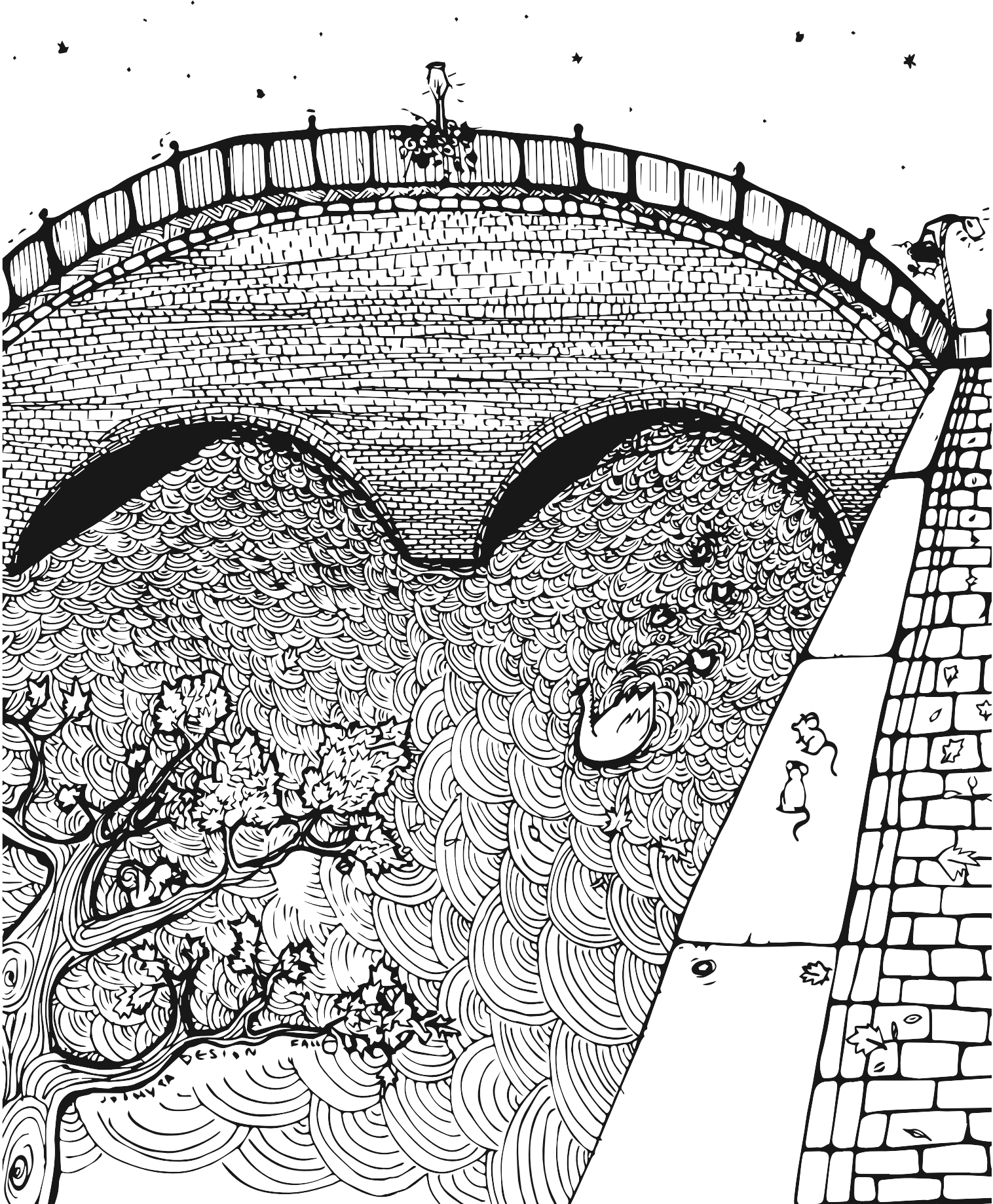


It may take a while, but we are going
to be fine again... I promise.

Joshyta D.

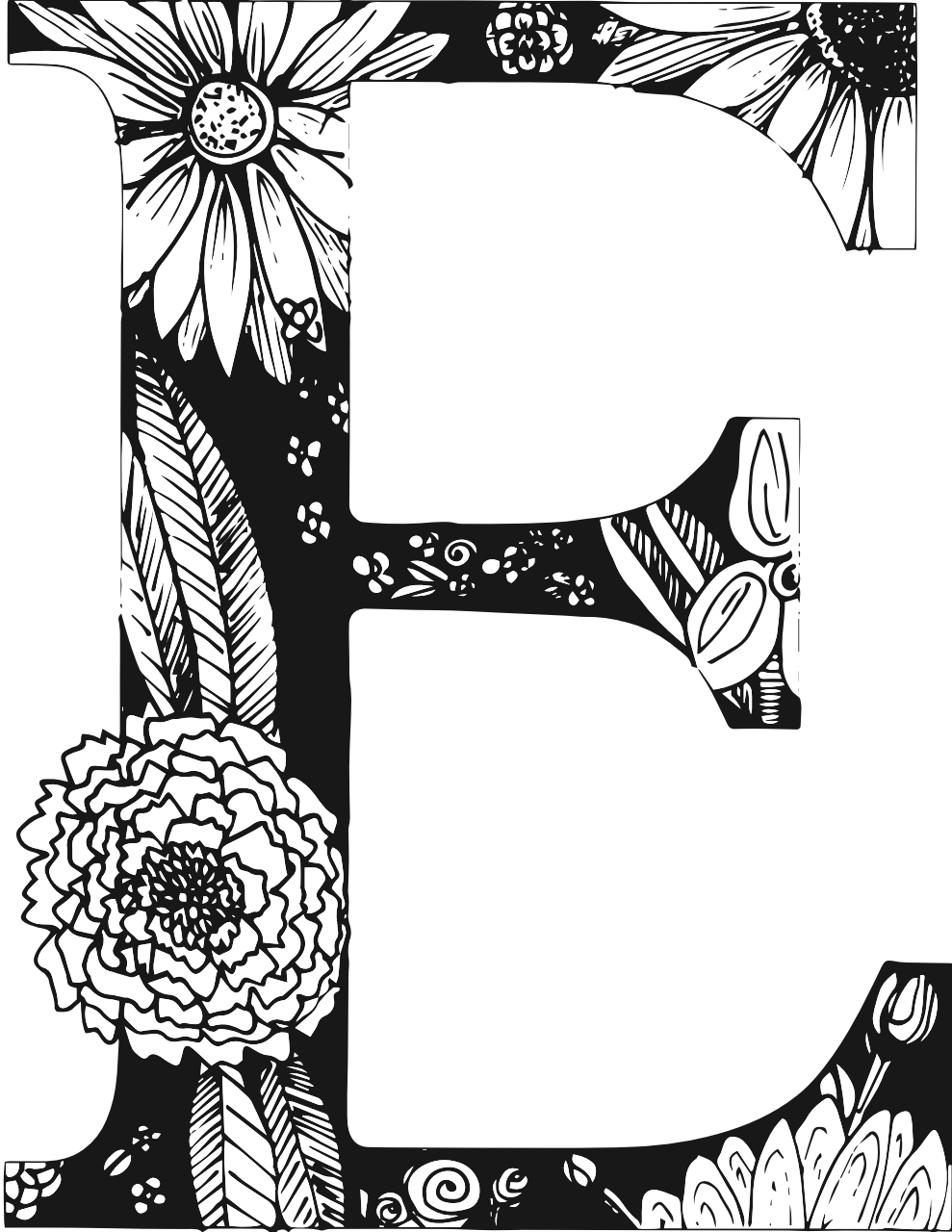
This book belongs to:_____.

Close your eyes and think about that place that makes you feel happy, warm and safe. Maybe it's your home, maybe it's a park or maybe it's not even a place but a person. Now go to this happy place for a minute and enjoy it, you deserve it.



What does your Happy Place
look like?

If you want, you can use this page to describe it,
either with words, colors or even with drawings.



enjoy

Try to fill this page with positive words that start with E

Try to fill this page with positive words that start with E



You heal on your own way, you heal on your own time, it's not a race. And you know what? That's ok.