

A young woman with dark hair, wearing a blue graduation gown with a white and red collar, is smiling warmly. She is holding a spiral-bound journal in front of her. The journal cover has a light blue and white watercolor-style background. The title is printed in a gold, serif font. The subtitle and author's name are in a smaller, black, sans-serif font.

CREATING
A LIFETIME
OF WELLNESS
JOURNAL

Your Personal Coach to the Different Areas of Your Life

by Aura E. Martinez