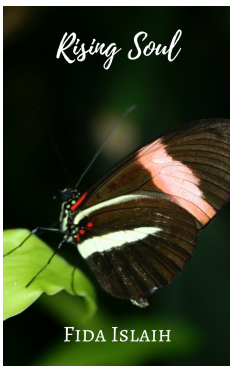




## **Wilting Mind**

Taking her writing to new levels, Islaih shares her struggles with mental illness and chronic pain. This collection is her emotional journey through grief and ends with uplifting pieces of self-love.



## **Rising Soul**

From an identity crisis & being naive about my beliefs, Rising Soul is about accepting my identity & understanding the depth of my faith. It covers topics of womanhood & self love

## **Love Yourself: A Journey to Healing**

A prompt book about self-love and appreciating culture.



### **Prompt**

Gratitude

### **Questions**

1. What is gratitude?
2. What are you grateful for?
3. Why are you grateful for those things?

### **Sentence Starters**

1. Gratitude is
2. I am grateful

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