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Voice Recorder Journaling: The Art of Loving, Healing Self-Dialogue a.k.a. 'Talking the Blues

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Course Notes - Before you get started

Time Involvement:

You can take the course all in one setting, over a few weeks or a blend of both, it's up to you.

All in one sitting (Approx. 2.5 hours) Homework time varies	Slowly over 9 weeks (Approx. 30 minutes/week) Homework time varies	Hybrid Course Mix of audio, reading and video Pick and choose where to start Come back and review anytime Homework time varies
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Formats:

We have offered the course content in **3 formats** so you can choose the one you prefer for each week.

- **Watch** via video slideshow

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