



# A Gentle Reminder Pdf

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A Gentle Reminder By Bianca Sparacino Ebook Description: A Gentle Reminder by Bianca Sparacino Topic: A Gentle Reminder explores the art of self-compassion and mindful living in . A Gentle Reminder is a book of poetry and prose that offers comfort, inspiration, and guidance for the deep feelers. It explores themes of love, loss, healing, and hope with a gentle and honest . A Gentle Reminder is a book by Bianca Sparacino that explores themes of self-love, resilience, and healing. It offers poetic verses, personal stories, and practical advice to help readers . A Gentle Reminder is a book of poetry and prose that offers comfort, inspiration, and guidance for the deep feelers. It explores themes of love, loss, healing, and hope with a gentle and honest voice. Mar 20, · A gentle reminder for when your heart is full of hope, and for when you are learning how to heal it. A gentle reminder for when you finally begin to trust in the goodness, and for when you need the kind of words that hug your broken pieces back together. A Gentle Reminder addresses this widespread need by providing accessible and actionable tools for self-compassion, fostering mental resilience, and promoting a healthier relationship with oneself.