

ART OF WELL BEING

-Toshita Kaur Vohra



Art of Well Being

First Edition

Author

Toshita Kaur Vohra



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Preface

This book is a gentle journey towards self-discovery, healing, and creative expression. It has been created to help individuals reconnect with their inner world, understand their emotions, and find balance through simple yet powerful techniques.

In today's fast-paced world, many of us carry stress, self-doubt, and emotional burdens. This book offers practical tools such as self-love practices, grounding exercises, journaling, expressive art, and psychology-oriented techniques to support emotional well-being and inner peace.

Each chapter is designed to be simple, meaningful, and experiential, allowing readers to explore their thoughts, feelings, and creativity at their own pace. There is no right or wrong way to use this book—only your personal journey of growth and healing.

This book is meant for anyone who seeks clarity, calmness, and a deeper connection with themselves.

Acknowledgement

I express my sincere gratitude to everyone who supported and guided me in completing this work. First and foremost, I thank the Almighty for giving me strength, clarity, and perseverance.

I would like to extend my heartfelt thanks to my teachers and mentors for their valuable guidance, encouragement, and constant support throughout this journey. Their wisdom and motivation helped me stay focused and inspired.

I am deeply thankful to my parents and family members for their unconditional love, patience, and belief in me. Their emotional support has been a strong foundation for my growth.

Special thanks to my friends and well-wishers who encouraged me and helped me with suggestions, ideas, and positive energy.

This work is a reflection of the collective support and blessings I received from everyone around me.

Thank you.

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ABUNDANCE
FRIENDS
SELF-LOVE
RELATIONS
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ANCESTORS
PARENTS**

Author's Bio



Toshita Kaur Vohra is an expressive arts facilitator, creative wellness guide, and psychology-based art practitioner whose work bridges the worlds of art and emotional healing. With a deep belief in the transformative power of creativity, she integrates techniques from visual arts, movement, journaling, and mindfulness to help individuals connect with their inner world.

Her practice, **Art + Technique**, explores how creative expression becomes a pathway to self-awareness, emotional balance, and personal growth. Drawing inspiration from psychology, nature, and spiritual wisdom, Toshita encourages a holistic approach- where art is not just an aesthetic act, but a healing dialogue between the mind, body, and soul.

Through her workshops, writings, and art-based therapeutic experiences, she continues to inspire people to rediscover their authentic selves and embrace the joy of creative healing.



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