

# THE HEART BOOK

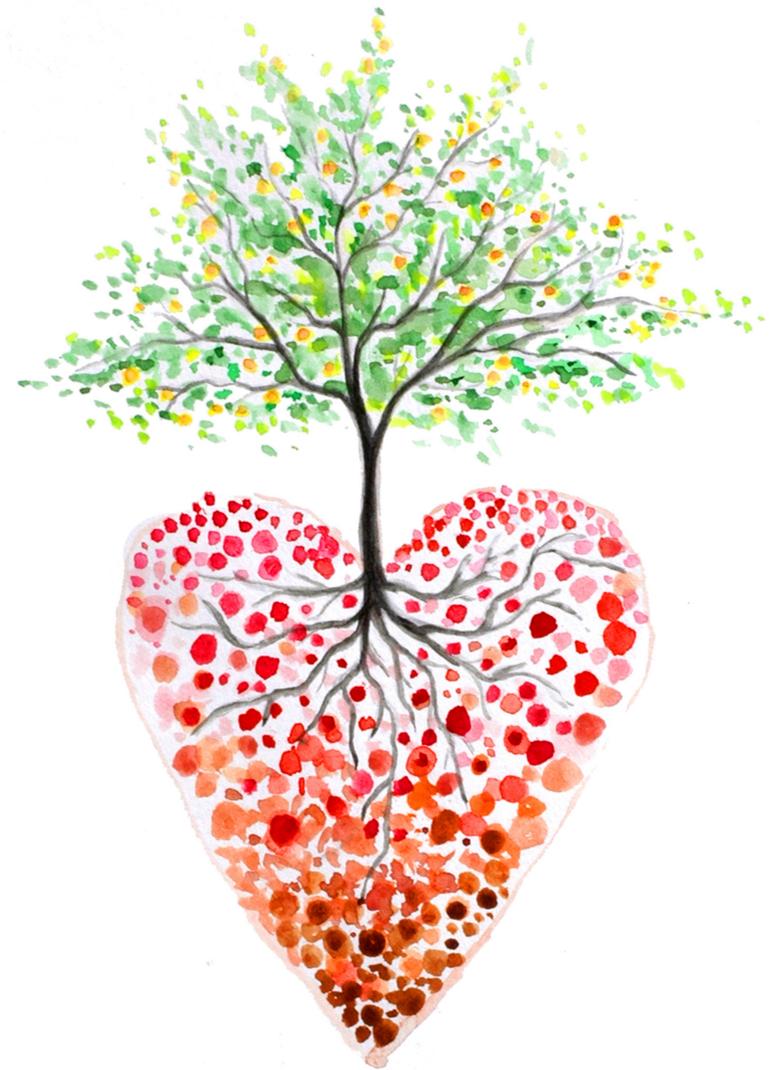
A Diary for Creative Empowerment

**Dina Argov**



# All Colors Shine in the Awakened Heart

- Jack Kornfield -







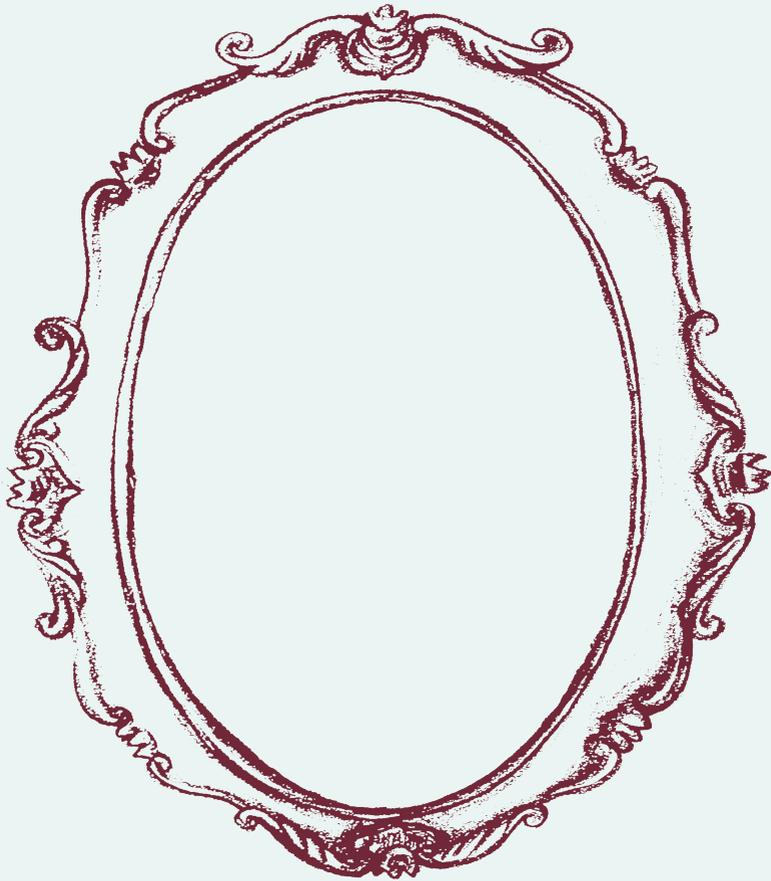
Dina

# The People I Love

I love

Because

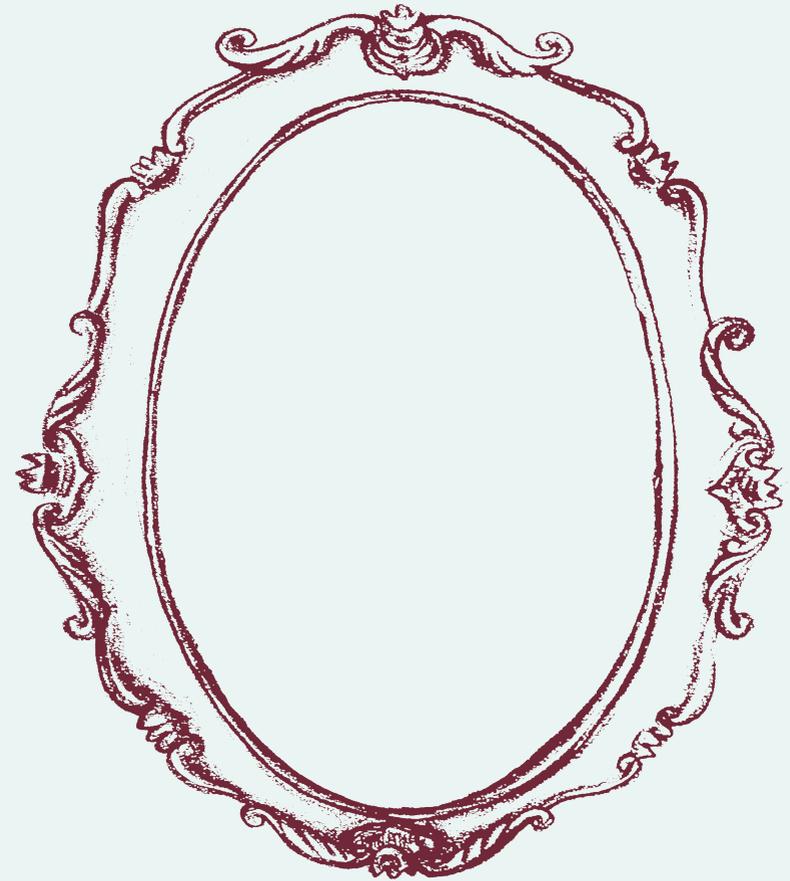
Draw him or her here:



I love

Because

Draw him or her here:







# Things I Would Like to Changed in My Life

I'm tired of...

Instead I would like that...





# Who Do I Miss?



# Write A Poem in Rhymes About Yourself

Handwriting practice lines consisting of 15 horizontal wavy lines on a light beige background.



Dina Argov



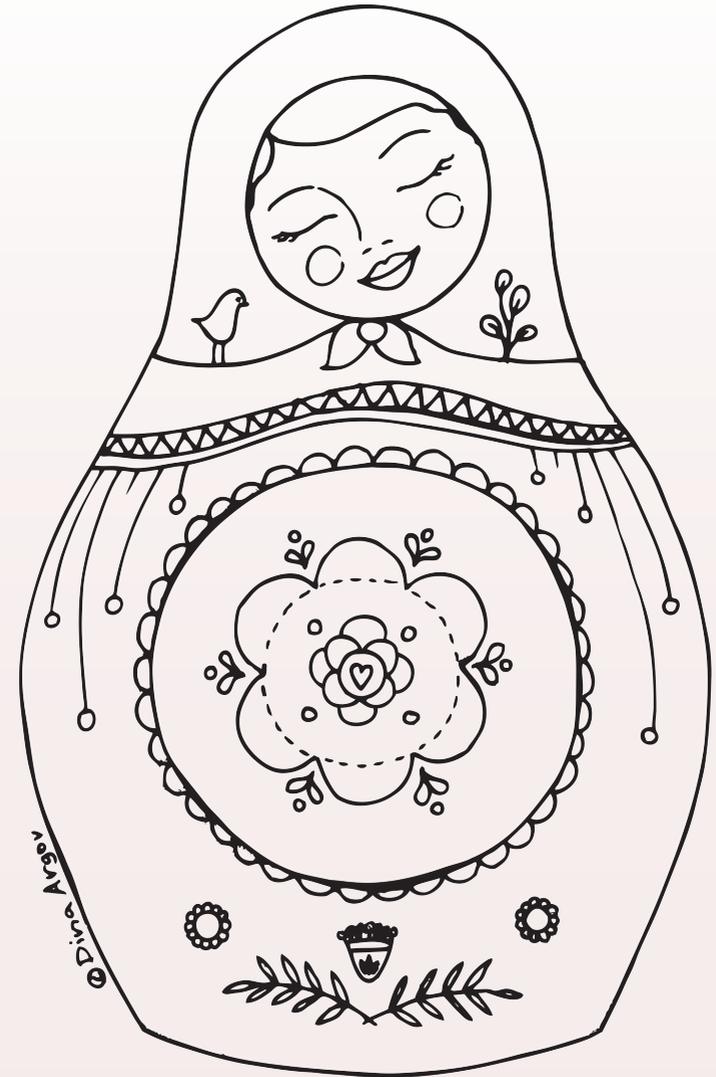
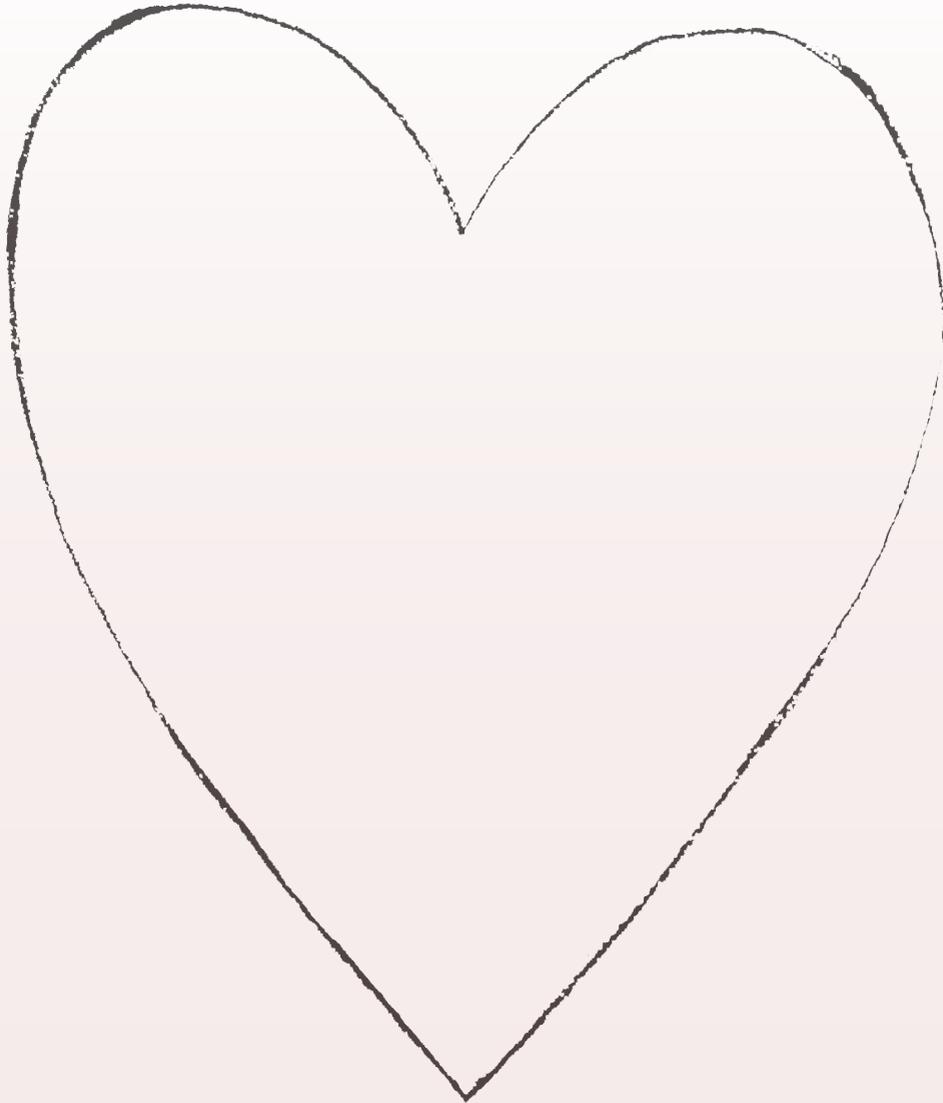


Dina



# What I Love About Myself

(write inside the heart)





**The Heart Book** is a journey home, to yourself.  
It is an invitation to discover strengths, that you may have not  
known exist within you, but are completely yours.

**The Heart Book** is your own personal journal, where you can write and draw. It consists of over 40 heart-moving pieces of drawing, and presents to you questions about you and your world, a space to draw, sketch and ponder.

"I wish I got a book like this as a kid. I would have liked someone to provide me with a space which is both personal and creative. I would have liked someone to mentor me and ask me exactly the right questions. I would have liked to focus on me, in an allowing, but unbinding way. And for all of these reasons, I believe you should give your daughters this special gift"

**Orit Or**, a teacher, author & mother of 3 daughters.



Dina Argov, born 1985, mother of 2 daughters, is a graduate from the Visual Communication department of the Bezalel Academy of Arts and Design in Jerusalem. Dina is the creator and developer of a unique method for "Collaborative Painting" that she presents in special events and business organizations. Facilitator of creative communication workshops. Dina believes in continual development, and she explores personal and communal creation processes. Dina has written *The Heart Book* with the intent of allowing girls, young and older, the access to the essence of inspiration and self empowerment, through a close encounter with themselves, in a world of magic.