

New Sacred Sova Journal Helps Readers Reclaim Themselves and Build Healthier Relationships

“The Art of Loving Without Losing Yourself” offers a structured 30-day path to clarity, boundaries, and inner strength.



Golden, Colorado Dec 10, 2025 ([Issuewire.com](https://www.issuewire.com)) - Sacred Sova Releases “The Art of Loving Without Losing Yourself” — A Guided Journal for Emotional Clarity and Healthy Relationships

Sacred Sova, a wellbeing and personal development platform founded by educator and meditation teacher Galina Razumovsky, M.Ed., announces the launch of The Art of Loving Without Losing Yourself, a new interactive journal designed to help individuals restore self-awareness, rebuild emotional stability, and create healthier relationships without self-abandonment.

A Journal for People Who Want Clarity, Boundaries, and Inner Strength

Modern relationships often push people into emotional overwhelm, blurred boundaries, and loss of personal identity. This journal confronts the root problem directly: you cannot build a healthy relationship with anyone if you are disconnected from yourself.

The Art of Loving Without Losing Yourself provides a structured, psychology-informed pathway back to inner clarity. The journal includes:

- * 30 deep self-reflection questions
- * A 15-day self-awareness challenge
- * Letter-writing templates, including a guided letter to one's 5-year-old self
- * A grounded framework for identifying patterns, needs, and emotional blind spots

"This journal teaches people how to return to themselves," says Razumovsky. "Healthy relationships start with self-awareness. Without that foundation, people fall into patterns of self-abandonment or emotional burnout. This journal offers a clear way to rebuild personal truth and emotional stability."

Inclusive, Practical, and Designed for Real Life

Unlike many relationship and self-love journals that target only women, this journal is gender-inclusive and intended for:

- * Men and women seeking emotional clarity.
- * Individuals recovering from relationship burnout
- * People struggling with boundaries and self-abandonment
- * Anyone wanting a deeper connection to themselves

Its clean, direct tone makes it accessible for beginners while still offering depth for therapists, coaches, yoga teachers, and wellness practitioners who want to integrate journaling into their work with clients.

A Blend of Psychology, Spirituality, and Embodied Awareness

Author Galina Razumovsky, M.Ed., brings together her background in education, psychology, meditation, yoga, and the ancient introspective practice Game of Leela. Her method merges grounded psychological insight with mindful daily rituals, making the journal a practical tool for transformation rather than abstract self-help.

The journal is suitable for personal use, workshops, coaching programs, university wellness initiatives, couples work, and guided self-growth practices.

Availability

The Art of Loving Without Losing Yourself is available worldwide through Lulu:

<https://www.lulu.com/shop/galina-razumovsky/the-art-of-loving/paperback/product-6598zv8.html?q>

About Sacred Sova

Sacred Sova is a Colorado-based personal development brand dedicated to emotional clarity, grounded spiritual practice, and self-awareness. Through interactive journals, meditations, artifacts, rituals, and the ancient Game of Leela, Sacred Sova helps individuals deepen inner understanding and build healthier relationships with themselves and others.

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