

# Author Bio

Natosha A Harris is a very well-rounded creative that enjoys putting smiles on faces. Mother, author, notary, and publisher are a few titles that she wears well. She is peace and light and loves to encourage. Writing has been Natosha's passion since a young girl with a diary. After releasing her first self-published book in 2018, A Mouthful Writing Services, Natosha's writing and book publishing company began in 2019. From resume writing to content creation is where the book publishing services started, and it continues to grow in ways unimaginable. Have you ever heard of a one-stop shop when it comes to someone writing, helping others become writers, and inspiring those with sentimental keepsakes? Well, Natosha A Harris is that woman!



A MOUTHFUL

# MY LOVE

Journal

## MY LOVE JOURNAL

"My Love Journal" got the title during the design phase of the book, right after the content review. I was titled "Moments of Love" but in chronological order that it was formatted in just seemed wrong and didn't mesh well with the title of the book. Deciding the title meant there's more to follow. "My Love Journal" is a collection of journals written by the author over a course of years. It gives a few details, emotions, and storyline of a couple relationships that the author has encountered. From trials, to private thoughts, to experiences well learned from, it depicts the circumstances and the thoughts during these different relationships and what they all allowed. In private "My Love Journal" was a secret but it is now being shared for several of reasons... releasing of all energies, inspiring those who may be going through situations that are similar, and encouraging through the ever-on-its-way through each journal story... *Kisses*



A Mouthful is a part of me derived from a young girl that has never been afraid to be vocal about feelings in a positive about. The journey has been long, but being honest and being appreciative of life's experiences including her which is what she strives to do. To her there's nothing that compares to being and enjoying the different journey and lessons that through certain situations. She is a firm believer in the acceptance of grace. Here and now is 11 she believes the quality of being strong and being vulnerable. The strong lady is a brilliant, highly motivated and effort giving woman with words who has taken a chance to life to do what she loves best, and that is to write, to write from the soul, to write from the heart, to bring inspiration and words that will others. Anything that would create a difference to her and she wanted to be continued to.