Journal Daily: Black Marble, Lined Blank Journal Book, 6 x 9, 200 Pages



Filesize: 7.33 MB

Reviews

Merely no phrases to spell out. I am quite late in start reading this one, but better then never. Your way of life period is going to be enhance once you complete reading this publication.

(Joanie Hamill I)

JOURNAL DAILY: BLACK MARBLE, LINED BLANK JOURNAL BOOK, 6 X 9, 200 PAGES



CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 200 pages. Dimensions: 9.0in. x 6.0in. x 0.5in.Your 1 Journal for writing your Lifes Journey. This blank 200 page journal will jump start your creativity with its minimal design and bright white pages. It can also be used for notes, as a diary, to track your food, exercise or just for writing down important information. Journaling is an ancient tradition, one that dates back to at least 10th century. Triumphant people throughout history have kept journals. Presidents, artists, and families have maintained them for posterity; other famous figures for their own reasons. There is increasing evidence to support the idea that journaling has a positive impact on physical well-being. Science has shown that writing about stressful events helps you come to terms with them, thus reducing the force of these stressors on your physical well-being. Scientific evidence supports that journaling provides other unexpected benefits. The act of writing accesses your left brain, which is logical and rational. While your left brain is occupied, your right brain is free to create, discern and feel. In sum, writing removes mental blocks and allows you to use all of your brainpower to better understand yourself, others and the world around you. Benefits Of Journaling: Expression of thoughts and feelings Knowledge Of Self Stress Reduction. Problem Solving In addition to all of these wonderful benefits, keeping a journal allows you to track patterns, trends and improvement and growth over time. Join the millions of people and Purchase your Journal Daily Book by The Blank Book M. D. journal for about 20 minutes daily. Wholesale: This Journal notebook can be purchased wholesale by retailers and academic institutions located in the USA. Youll need to sign up online for a Createspace Direct...

- Read Journal Daily: Black Marble, Lined Blank Journal Book, 6 x 9, 200 Pages Online
 - Download PDF Journal Daily: Black Marble, Lined Blank Journal Book, 6 x 9, 200 Pages

Relevant eBooks



When Life Gives You Lemons. at Least You Won t Get Scurvy!: Making the Best of the Crap Life Gives You Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 216 x 140 mm. Language: English. Brand New Book ****** Print on Demand ****** A collection of stories and essays that give food for...

Read eBook »



The Case for the Resurrection: A First-Century Investigative Reporter Probes History's Pivotal Event

 $ZONDERVAN, United \ States, 2010. \ Paperback. \ Book \ Condition: \ New. \ 180 \times 127 \ mm. \ Language: English. \ Brand \ New \ Book. \ The Case for the Resurrection, a ninety-six-page booklet from bestselling author Lee Strobel, provides new evidence that...$

Read eBook »



How Not to Grow Up: A Coming of Age Memoir. Sort of.

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, How Not to Grow Up: A Coming of Age Memoir. Sort of, Richard Herring, Comedian Richard Herring has a major problem. He's about to turn 40 and...

Read eBook »



Read Write Inc. Phonics: Blue Set 6 Non-Fiction 3 on Your Bike

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. 199 x 97 mm. Language: N/A. Brand New Book. These decodable non-fiction books provide structured practice for children learning to read. Each set of books...

Read eBook »



Dog on It! - Everything You Need to Know about Life Is Right There at Your Feet

 $14\,Hands\,Press, United\,States, 2013.\,Paperback.\,Book\,Condition:\,New.\,198\,x\,132\,mm.\,Language:\,English\,.\,Brand\,New\,Book\,^{*****}$ $Print\,on\,Demand\,^{*****}.Have\,you\,ever\,told\,a\,little\,white\,lie?\,Ormaybe\,a...$

Read eBook »