



Writing Journal - Unspoken: Notebook Journal with Tools to Help You Reach Success in Your Life Journey (Paperback)

By Indie by Nature

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Are you feeling stressed, overwhelmed, depressed, mentally stuck, or confused?? You ve come to the right place. A Journal is a tool that helps you clarify your thoughts, ideas, and plans, which make it much easier to take action in your life! Did you know that journaling has a positive impact on your physical and mental well-being? It has been proven to strengthen your immune cells and decreases the symptoms of asthma, rheumatoid arthritis, as well as mental distress. How does this happen? Writing about troubling experiences helps you to recognize and accept what s going on and enables you to create a plan of action for dealing with them. This, in turn, reduces the impact of stress on your physical health. How you feel inwardly affects you outwardly and physically. Hence the term Mind, Body, Soul Writing in a journal is like clearing your mind of cluttering thoughts and throwing it all into a recycling bin for sorting out later, which allows you to get on with your day. The reason journaling is so effective is because the act of writing...



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