The book was found

Journal Daily: Inside Tree Design, Lined Blank Journal Book, 150 Pages,6" X 9" (15.24 X 22.86 Cm),blank Journal Pages, Writing Journal





Synopsis

Your #1 Journal for writing your Life's Journey. This blank 150 page journal (6" x 9" (15.24 x 22.86 cm) 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. Youâ ™II need to sign up online for a Createspace Direct Resellers here: https://www.createspace.com/pub/l/createspacedirect.do.

Manufactured & Designed in the USA -The Blank Book MD

Book Information

Paperback: 150 pages

Publisher: CreateSpace Independent Publishing Platform; Jou edition (August 12, 2016)

Language: English

ISBN-10: 1537031031

ISBN-13: 978-1537031033

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 9.9 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #493,253 in Books (See Top 100 in Books) #126 in Books > Self-Help >

Journal Writing #1370 in Books > Self-Help > Creativity #2717 in Books > Reference > Writing,

Research & Publishing Guides > Writing > Fiction

Download to continue reading...

Journal Daily: inside Tree Design, Lined Blank Journal Book, 150 Pages, 6" x 9" (15.24 x 22.86 cm), blank journal pages, writing journal Chalkboard Journal - Be Still & Know: 100 page 6" x 9" Ruled Notebook: Inspirational Journal, Blank Notebook, Blank Journal, Lined Notebook, Blank Diary (Chalkboard Notebook Journals) (Volume 3) Journal Daily: British flag 1776, Lined Blank Journal Book, 6 x 9, 200 Pages, notebook, for writing Chalkboard Journal - Be Still & Know (Yellow): 100 page 6" x 9" Ruled Notebook: Inspirational Journal, Blank Notebook, Blank Journal, Lined Notebook, ... Journals - Yellow Collection) (Volume 3) Journal Book: London Calling, Lined Blank Journal Book, 6 x 9, 150 Pages Journal Your Life's Journey: Tree Vector Journal, Lined Journal, 6 x 9, 100 Pages Alice in Wonderland Chalkboard Journal - We're All Mad Here: 100 page 6" x 9" Ruled Notebook: Inspirational Journal, Blank Notebook, Blank Journal, ... Chalkboard Notebook Journals) (Volume 5) Journal Your Life's Journey: Silhouette Of Tree And Rhino, Lined Journal, 6 x 9, 100 Pages Dream Journal Notebook: Sweet Dreams Over Midnight, Lined Journal, 6 x 9, 150 Pages, Write and Draw, Dream Time interpretation and Mood Journal Your Life's Journey: Water Color Paint Journal, Lined Journal, 6 x 9, 100 Pages Journal Your Life's Journey: Hustle Sold Separately, Lined Journal, 6 x 9, 100 Pages Journal Your Life's Journey: Black Torn Paper Dragon, Lined Journal, 6 x 9, 100 Pages Journal Your Life's Journey: Grass and Poppy, Lined Journal, 6 x 9, 100 Pages Journal Your Life's Journey: Abstract Blue Background, Lined Journal, 6 x 9, 100 Pages Journal Your Life's Journey: Colorful Fractal, Lined Journal, 6 x 9, 100 Pages 365 Journal Writing Ideas: A year of daily journal writing prompts, questions & actions to fill your journal with memories, self-reflection, creativity & direction GM&Co: Notebook Journal Dot-Grid, Lined, Graph, 120 pages 5.5"x8.5": Tropical Jungle GM&Co: Notebook Journal Dot-Grid, Lined, Graph, 120 pages 5.5"x8.5" (Wild Flowers Floral Notebook) (Volume 5) Writing: Novel Writing Mastery, Proven And Simple Techniques To Outline-, Structure- And Write A Successful Novel! - novel writing, writing fiction, writing skills - Daily Word Ladders: Grades 1–2: 150+ Reproducible Word Study Lessons That Help Kids Boost Reading, Vocabulary, Spelling and Phonics Skills!

<u>Dmca</u>