

Brief Journaling: Beyond the Bucket List (Paperback)

By Miriam White Williams

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. A journal, (also known as a log, a diary, a think book or a day book) is a blueprint of the past, a road map of the present, and a kaleidoscopic view into the future. A journal provides an avenue for self-inspection and self-introspection. It helps you to ask the questions that puzzle you and to find the answers that elude you. Brief journaling is comprised of short or momentary snapshots of your thoughts, feelings, insights, ideas, or reflections, dreams or aspirations.



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