



Pink Lavender Teal Polka Dots: Journal Log Doodle Sketch Drawing Note Book No Lines Unruled 6 X 9 186 Pages Blank (Paperback)

By Express Yourself Journals

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Journal your thoughts, your wishes, your dreams and your plans. Write to do notes, log your diet and exercise or use as a diary to look back on later. Use Express Yourself Journals to get feelings and emotions out. Writing and Art Journaling has been shown to relieve stress and have a positive impact on ones well being. 186 empty pages to fill as needed - journal, log, sketch, draw. So start expressing yourself! Each page header greets you with an image of dots.



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