



Easy Does It: Blank Book Journal, Inspirational Journal, Minimalist, Lined Journal, 6 x 9, 150 pages

By Journal For Writing

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 150 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. Easy Does It: Blank Book Journal Your 1 Journal for writing your Lifes Journey. This blank 150 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...



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Reviews

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-- **Nels Runte IV**

Other Books



Good Nights Now: A Parent s Guide to Helping Children Sleep in Their Own Beds Without a Fuss! (Goodparentgoodchild)

Good Parent Good Child, United States, 2011. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.GoodParentGoodChild books, give parents successful techniques to solve specific parenting challenges. They are written from the perspectives...



Slave Girl - Return to Hell, Ordinary British Girls are Being Sold into Sex Slavery; I Escaped, But Now I'm Going Back to Help Free Them. This is My True Story.

John Blake Publishing Ltd, 2013. Paperback. Book Condition: New. Brand new book. DAILY dispatch from our warehouse in Sussex, all international orders sent Airmail. We're happy to offer significant POSTAGE DISCOUNTS for MULTIPLE ITEM orders.



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? Or maybe a bigger one that wasn t even white?...



Klara the Cow Who Knows How to Bow (Fun Rhyming Picture Book/Bedtime Story with Farm Animals about Friendships, Being Special and Loved. Ages 2-8) (Friendship Series Book 1)

Createspace, United States, 2015. Paperback. Book Condition: New. Apoorva Dingar (illustrator). Large Print. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Klara is a little different from the other cows, because she has a very special...



Being Nice to Others: A Book about Rudeness

Baker Publishing Group, United States, 2016. Paperback. Book Condition: New. 203 x 203 mm. Language: English . Brand New Book. Stories to Encourage Positive Behavior in Small Children The preschool and kindergarten years are some of the most important formative years of...



Fun to Learn Bible Lessons Preschool 20 Easy to Use Programs Vol 1 by Nancy Paulson 1993 Paperback

Book Condition: Brand New. Book Condition: Brand New.