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*It is great and fantastic. I actually have read and so i am certain that i am going to going to go through once again yet again in the future. I realized this ebook from my dad and i encouraged this book to find out.*

***(Dr. Kayden Gerlach)***

## **JOURNAL BOOK: ORANGE BROWN BLURGROUND, LINED BLANK JOURNAL BOOK, 6 X 9, 150 PAGES**



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Your #1 Journal for writing your Life s 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 downimportant 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.



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