The New Diary How To Use A Journal For Self Guidance And Expanded Creativity Tristine Rainer

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Diary and How to create new diary - LEB2 Support

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- Skills you want to learn. - Big and small life goals. Tip 4: Slow down to speed up. Set aside the time each week — at the beginning or the end — to plan ahead with your diary. Paper offers you the chance to sit, plan and prepare; to slow down before you have to speed up.

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A Classic Guide To Journal Writing, Tristine Rainer's The New Diary takes readers beyond the rigid calendar diary they may have kept as a child or travelogues of family vacations. A blueprint for

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