



Journal Daily: Colorful Daisy, Lined Blank Journal Book, 6 X 9, 150 Pages, Paperback, 6 X 9 (15.24 X 22.86 CM) (Paperback)

By Journal Daily, Journals

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Your #1 Journal for writing your Life s Journey. This blank 150 page journal (6 x 9 (15.24 x 22.86 cm) Durable Softcover/Paperback 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...



READ ONLINE
[5.72 MB]

Reviews

A whole new e book with a brand new perspective. Indeed, it is enjoy, continue to an interesting and amazing literature. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Ebba Hilll**

It in a single of my personal favorite ebook. I am quite late in start reading this one, but better then never. Your life span will likely be enhance once you total reading this article publication.

-- **Russ Mueller**