



Hygge Time Lined Journal: Illustrated Medium Lined Journaling Notebook, Hygge Time Baby It's Cold Outside Cover, 6x9, 130 Pages (Paperback)

By Quipoppe Publications

Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Hygge Time Journal - A 6x9 Size Journaling Notebook. Lined pages with medium ruled line spacing for easy writing. 130 writable pages. A beautiful Hygge Time Baby It's Cold Outside Cover and lined pages with small Hygge Time illustrations (but enough space to write!) Why Write? Writing with pen and paper helps to boost creativity. Helps to improve your memory. Helps to structure your thoughts. Writing on paper is just as important now as it was 10, 20, 50 years ago. Maybe even more. Online media offer many distractions. It's so easy to quickly click or swipe. You might almost forget to just sit down and write down your thoughts, your list of things, draw or doodle whatever is on your mind. Many people talk about mindfulness, conscious living, but getting this notebook and taking time to write or draw helps to get some rest, to get grounded, to pace yourself. Creativity and Inspiration Writing by hand will increase your creativity. It helps you focus your energy and support your flow. Whether you are structuring strategic plans, organising your day,...



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