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Reviews

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(Leopold Moore)

THE COFFEE BREAK JOURNAL (PAPERBACK)



Emelen Publishing, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. It s not hard. Just pour coffee and write your journal. Journaling yields a myriad of benefits. In addition to boosting emotional intelligence, memory, self-confidence, critical thinking skills and comprehension, journal writing allows us to see how we change over time. It focuses the mind and helps us achieve goals. Journaling helps you enjoy life more fully by pausing, reviewing, and recording the day. The Coffee Break Journal is structured and brief; it is designed to respect your time while capitalizing on your efforts. Recapture the power of an ordered mind. Pour yourself a cuppa. The truth is, people forget. Most of the things that we read or hear slide right out of our heads, but the simple act of writing things down significantly improves our retention--even if we never re-visit what we wrote. The part of our brain that engages when we listen to information makes no distinction between important and memorable information versus unimportant and trivial information. Neurologically speaking, the act of writing signals our subconscious brains that a particular piece of information is important or useful. Perhaps you ve tried journaling before--and gave up after a few days. Maybe you couldn t get your momentum going, or you were stumped for a topic to write about, or journaling felt like yet another item to add to your already busy schedule. You re not alone in feeling this way. But you are smarter than the rest by using this book to help you along. Think of journaling like curating photographs for an album. Not every snapshot is worth holding on to, while some are priceless. Journaling helps you highlight important experiences from today and identify what you want to remember in...



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