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bullet révolution - la méthode complète pour créer votre agenda

By David, Elodie

DUNOD, 2017. Paperback. Condition: NEUF. Le bullet journal, ou " bujo ", est la nouvelle tendance qui révolutionne l'organisation personnelle. Avec un seul agenda, vous allez gérer vos tâches, vos rendez-vous et vos listes aussi bien perso que pro, et cela à partir d'un carnet vierge où vous allez créer vous-mêmes vos pages. En plus de gagner en efficacité, tenir un bullet journal vous aidera à vous réapproprier le temps qui passe, à développer votre créativité et à vous faire du bien. Alors, n'hésitez plus, lancez-vous ! Elodie, qui transmet sa passion du bullet journal et des arts créatifs à travers son blog SohoHana, vous prend par la main pour créer votre premier agenda personnalisé. Avec ce livre, Elodie répondra à toutes vos questions :- Comment débiter un bullet journal, avec quel matériel ?- Comment améliorer son planning ? Comment gérer des pages de suivi et des pages collections ?- Quels sont les bénéfices de cette méthode révolutionnaire ?- Comment utiliser le bullet journal comme outil de développement personnel ? Et, grâce à la partie " Mon agenda à remplir ", vous pourrez vous lancer tout de suite grâce à de nombreux modèles de pages à remplir. - Poids : 384g -...



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