



Morning Journal - Joyful Orange: Blank Lined Journal For Daily Writing Artistic Reflection, 6 x 9 (15.24 x 22.86 cm) 150 Pages, Durable Soft Cover, (Sunshine Morning Pages)

By Blank Journal

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 150 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. Morning Journal - Joyful Orange, Blank Lined Journal is a great self care gift This is your Journal for writing your Lifes Journey one page at a time in the reflective morning hours. This blank 150 page lined journal will jump start your creativity with its focused design. In addition to journal morning pages It can also be used for notes, as a diary, to track your food, exercise, Gratitude Journal or just for writing down important information. Journaling is an ancient tradition and tool, one that dates back to at least 10th century. Manyitans throughout history have kept journals. Presidents, artists, and families have maintained them for posterity. Benefits Of Journaling: Expression of thoughts and feelings in an artistic way Knowledge Of Self Stress Reduction. Problem Solving In addition to all of these wonderful benefits, keeping a journal allows you to track patterns, trends and improvement and growth over time. For intelligent change and happiness, many people recommend writing in a journal for five to twenty minutes daily. Designed in the USA This item ships from La Vergne, TN. Paperback.



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