



Journal Daily: Personalized Lined Blank Journal Book, 150 Pages, 6 X 9 (15.24 X 22.86 CM), Blank Journal Pages, Writing Journal, Durable Soft Cover (Kente African Print Fabric 2) (Paperback)

By Journal Daily, Kwanzaa Books

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



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