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NO WORRIES: WRITE. ACT. TURN THE PAGE



Abrams, United States, 2016. Notebook / blank book. Book Condition: New. 146 x 127 mm. Language: English . Brand New Book. Designed for breaking down nagging thoughts into actionable steps, the pages of this guided journal are filled with quotes that help put worrying in perspective. Each entry page has a perforated worry corner to tear off when a worry is resolved. Flip through the journal later and you ll see how many worries were conquered or never even came...

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- Released at 2016



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