

Tribal Forest Lined Journal: Colorable Medium Lined Journaling Notebook, Tribal Forest Raccoon Cover, 6x9, 130 Pages (Paperback)



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Reviews



*A superior quality book along with the font employed was exciting to see. It is one of the most amazing book i have got read through. You wont really feel monotony at anytime of the time (that's what catalogs are for about in the event you ask me).
(Santina Sanford)*

TRIBAL FOREST LINED JOURNAL: COLORABLE MEDIUM LINED JOURNALING NOTEBOOK, TRIBAL FOREST RACCOON COVER, 6X9, 130 PAGES (PAPERBACK)



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Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Tribal Forest Journal - A 6x9 Size Journaling Notebook. Lined pages with medium ruled line spacing for easy writing. 130 writable pages. Matte Raccoon cover for you to color, lined pages with small Tribal Forest illustrations (but enough space to write!). Why Write? Writing with pen and paper helps to boost creativity. Helps to improve your memory. Helps to structure your thoughts. Writing on paper is just as important now as it was 10, 20, 50 years ago. Maybe even more. Online media offer many distractions. It's so easy to quickly click or swipe. You might almost forget to just sit down and write down your thoughts, your list of things, draw or doodle whatever is on your mind. Many people talk about mindfulness, conscious living, but getting this notebook and taking time to write or draw helps to get some rest, to get grounded, to pace yourself. Creativity and Inspiration Writing by hand will increase your creativity. It helps you focus your energy and support your flow. Whether you are structuring strategic plans, organising your day, writing your next book, or jotting down your thoughts as a reminder, writing it down makes your creative juices flow. More and better ideas. Quicker and easier. Organising and Memorising Writing down your goals, actions and achievements helps to accomplish more, and to feel proud and successful of what you have achieved. Feeling better. Besides, it has been scientifically proved that writing things down will increase your memory. Last but not least, writing down your experiences and reflections will help to process and manage emotions, and support self-improvement. (We suspect one journal will not be enough, for all the things you can do...

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