



How to Stay Motivated: The Motivational Journal Book, a Self Help Book with Inspirational Quotes, Positive Affirmations, Prompts and Exercises, a Motivation Notebook to Write in (Paperback)

By Linda L Lamme

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.An Uplifting Notebook for JournalingIt is filled with motivational quotes, insightful daily prompts and supportive exercises to encourage mindfulness and challenge your life. A Letter-size 8.5 x 11 JournalIt is essential for people who love the idea of prompts and quotes for inspiration but who also want plenty of space for writing and planning. It s just the right size to tuck extra pages or mementos into when your enthusiasm goes on a roll and you generate more ideas and plans that could ever fit on a page or two. Containing lined, undated, white pages, it will aid the reader in uprooting negativity and harnessing a positive mental attitude for instilling self-worth and empowering you to move forward. Get Things Done One Step at a TimeSo many of us live in complete and utter chaos just trying to get everything done these days. Finding time to just change your socks can seem almost impossible, let alone trying to change entrenched habit patterns, self-perceptions and expectations. Small Things Add Up to Big ThingsCelebrating your small achievements along the way spirals into ever higher...

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-- **Kattie Wunsch**

This type of publication is almost everything and helped me looking forward and much more. I am quite late in start reading this one, but better then never. You wont really feel monotony at whenever you want of your own time (that's what catalogs are for relating to if you ask me).

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