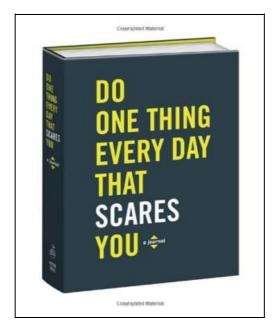
Do One Thing Every Day That Scares You (Journal) (Paperback)



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Reviews

It is an awesome pdf i have possibly go through. It really is filled with wisdom and knowledge You will not really feel monotony at whenever you want of your time (that's what catalogues are for relating to in the event you ask me). (Horace Schroeder)

DO ONE THING EVERY DAY THAT SCARES YOU (JOURNAL) (PAPERBACK)



Random House USA Inc, United States, 2014. Paperback. Condition: New. Language: English. Brand New Book. A year s worth of fear-facing prompts and mottoes of encouragement will motivate you to jot down one thing a day and make a daily habit of thinking courageously. Each day is an opportunity to perform one small act of bravery; singing out loud, asking for help, admitting a mistake, pitching an idea, accepting a compliment, changing your hair, going for the prize, failing spectacularly and trying agin. This journal contains a year s worth of fear-facing prompts and mottoes of encouragement. It provides space to jot down daily examples of your own courage—the small steps that culminate in one bold year. Jotting down one thing a day, especially on fortifying subjects like gratitude and happiness, is an enormously popular journaling practice (one that is recommended by nearly every best-selling self-help author). Bravery is another key ingredient of self-actualization, so why not make a daily habit of thinking courageously? This journal is perfect for recent graduates, milestone birthdays, or as a year-end holiday gift to kick off New Year, New You projects.



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