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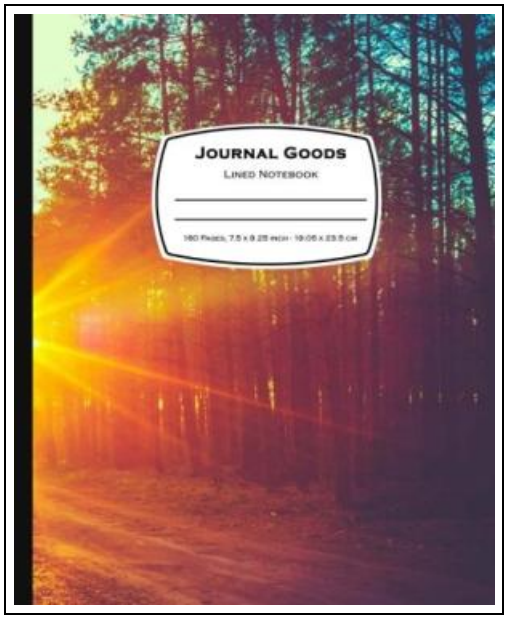

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 235 x 190 mm. Language: English . Brand New Book ***** Print on Demand *****.Journal Goods Lined Notebook: Lined Journal Notebook, 7.5 x 9.25, 160 Pages for writing ideas, thoughts, dreams It can also be used for notes, ideas, 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. In sum, writing removes mental blocks and allows you to use all of your brainpower to better understand yourself, others and the world around you. Benefits Of Journaling: *Expression of thoughts and feelings *Knowledge Of Self *Stress Reduction. *Problem Solving < In addition to all of these wonderful benefits, keeping a journal allows you to track patterns, trends and improvement and growth over time. Join the millions of people and Purchase your Journal Daily Book by Journal Goods. * journal for about 20 minutes daily. Wholesale: This Journal notebook can be purchased wholesale by retailers and academic institutions located in the USA. Youll need to sign up online for a Createspace Direct Resellers here: Manufactured Designed in the USA -The...

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