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## Meltdown Journal Go Away Bad Day: (Notebook, Diary, Blank Book) (Paperback)

By Distinctive Journals

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Meltdown Journal Go Away Bad Day paperback contains alternating blank pages and lined pages. This allows you the freedom to express yourself with words or images as you desire. Are you having a bad day? Everything going wrong? The world stop cooperating? Are you in MAJOR MELTDOWN MODE? Tell your Meltdown Journal all about it! Want to call your boss a raging bitch? Hate your rude neighbor? Did some bastard cut in front of you in the grocery line? That hot date turn out to be a horrible dud? Take out all your frustrations on the Meltdown Journal! Write down your rage. Draw a nasty picture. Slap the journal silly. Kick it across the room. Relief is just a pen and blank journal page away. Cheaper than therapy and you don't have to leave your house (or even get dressed) if you don't want to. Think anger management on a budget. You can even ignore your Meltdown Journal for a week. It won't text you a dozen times or drunk dial you at 2 AM asking...


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