



The Bitch s Complainer Journal: Lined Notebook/Journal (7x10large) (Paperback)

By Toilet Paper Press

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. What is a Complainer s Journal? As the name states, it s a journal dedicated to complaining. If we don t complain, if we don t express anger or frustration in a proper manner, it builds up and eventually explodes, right where it should t. Stop yelling to your kids, or fighting with your boss, or driving like a crazy person. Take the time to let shit out on paper, mindfully. Allow yourself to feel what you feel without judging: just let it out. As you will find out, the simple exercise of properly complaining will highly improve your relationships and your productivity. Go ahead, curse a little. Be mad. Draw a mean sketch or use ALL CAPS to yell. The only limit is your imagination. But then, just let go. these are amazing gifts for any occasion. Want to check out our amazing series? Click on the mindful complainer s journals or Toilet Paper Press!.



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