



## Journal Daily - Taurus Birthday Book (Paperback)

By Journal Daily

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Journal Daily Birthday Sign Lined Journal Great Birthday / Personal Gift This is your #1 Journal for writing your Life s Journey. This blank 150 page lined journal will jump start your creativity with its design and bright white pages. It can also be used for notes, as a diary, 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. 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. \* journal for about 20 minutes daily. Manufactured Designed in the USA.



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