



Self Discovery Journal for Men: 121 Thought Provoking Questions: Self Discovery Journal Questions for Men (Paperback)

By Shalu Sharma

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Do you want to start writing a journal but don't know where to start? Do you want to write a diary but don't know what to write? Don't worry, this Journal for Men has 121 thought provoking questions that you can answer. These questions are sure to make you think about who you are and where you are heading. Why not spend a few minutes a day pondering over these questions and writing some of your thoughts down. You don't need to start from the very first page or the question, just choose a random question and start writing. Here are some of the benefits of writing a journal It gives you a power of perspective. Discover yourself through writing. Sometimes it's so much easier if it's written down. It helps to reflect on the things you have done and things you need to do in the future. Writing a journal helps clear your thoughts and feelings. Lots of problems are solved when they are written down. It will help you improve yourself....

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