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Reviews

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you harnessing the power of a journal?If you are going through life right now feeling like everything is out of control or that things are not happening the way you planned, you need a journal. I don t mean to be too direct, but it is time for you to discover why you feel the way you do and then figure out what to do about it.Or you can just write stuff in it! The great thing about a lined journal is you can make it into anything you want. A day timer, travel journal, diary, notebook for school, etc. If you need to write something down, a journal is the tool you need.If you want to use it for more than just a notepad then keep reading.Benefits Of Keeping A JournalAlmost every successful person seems to have kept a journal in one form or another. Success in this case is not defined by money but overall happiness. Whether or not they called it journaling doesn t matter as they kept a record of their goals, success, failures, feelings and their daily life.Your journal contains the answers to your most burning questions. It is literally the best self-help book you could ever read because it is all about you. Just some of the benefits of journaling are: Allows you to reflect on your life and the changes you are choosing to make or not makeClarifies your thinking and as Tony Robbins says Clarity is Power Houses all your million dollar ideas that normally get lost in all the noise of lifeExposes repeated patterns of behaviors that get you the results you DON T wantActs as a bucket...

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