

## Journaling for Your Soul: Volume 1 (Paperback)



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### ***Reviews***

*It is one of the most popular books. I am quite late in starting to read this one, but better than never. Once you begin to read the book, it is extremely difficult to leave it before concluding.*  
*(Camille Larson)*

## JOURNALING FOR YOUR SOUL: VOLUME 1 (PAPERBACK)



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Binding Light, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Do you frequently find yourself having the same conversations in your head over and over again? Most of those conversations tend to be filled with negative self talk, what you should do, what you didn't do, what you can't do, what you wished you could do. Many times, having these constant conversations with ourselves keep us locked in a constant state of anxiety. One of the most beneficial ways of breaking this anxiety state is by keeping a daily journal. - Journaling for Your Soul- is a 6x9, blank, 145 lined page journal that is small enough to take with you throughout your day, yet big enough to have plenty of space to keep your thoughts in a contained area. I journal in all types of books and notebooks. But my favorite places to journal are ones that are beautiful on the inside and out. This keeps me on track with my daily habit. It makes me want to spend time with the beautiful book. Besides the fun of having a beautiful book to write in, I have listed some of my top reasons why everyone should journal. TOP 10 REASONS EVERYONE SHOULD KEEP A JOURNAL 1. By writing in your journal often (daily) it helps to reduce stress and anxiety. 2. Your journal is a judgement free zone - and who among us could not see a place like that? 3. It is a vision illuminator. You can dream as big as you wish in your journal, and the benefits of this is that so many times, once you have written it out, you have started the path to creating it. Write down those goals! 4. It's a dream...



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