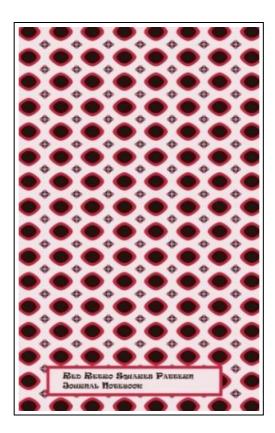
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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Red Retro Squares Pattern Journal Notebook, 5 X 8, 110 pages with dark lines, paperback, glossy cover This is a great multi-purpose notebook. The possibilities are endless as to what you can use this notebook for. The inside pages are lined, and all you need to do is write whatever you want to express and the book will be uniquely your own. Keep a diary, Write a journal, Take notes in class, Keep the minutes at a business meeting. These notebooks are also great for keeping a To Do List or Shopping List. Track your progress and keep a food diary or exercise log, so you can read back and see how much you have progressed. Great for writing down recipes, writing down your ideas, plans or research. Write down inspirational quotes, poetry or spiritual sayings. Handwriting is becoming a lost art. Sitting in a quiet place and writing can give you new insight. Writing in a Journal Notebook is a great way to solve problems and get creative. Writing in a journal is therapeutic and can help relieve stress. Writing helps you gain a fresh perspective and assists with problem solving. Many people like to write in a diary at night before they go to bed so they can record the days events. Others like to write first thing in the morning as part of a spiritual practice. Many people like to keep a Gratitude Journal. A lined journal notebook is good to keep on your nightstand so you can record your dreams from the night before. The journal cover is trendy and stylish. This is a unique gift for anyone you know who needs to write things down. Coworkers,...

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