

Princess Diary Journal: Diary Notebook Sketchpad (Paperback)



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Reviews

This type of publication is every thing and helped me seeking ahead and much more. It usually fails to charge too much. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Juliet Mertz)

PRINCESS DIARY JOURNAL: DIARY NOTEBOOK SKETCHPAD (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.A special Princess edition Whether you re big or small, this diary is great for princesses of all ages! *51 Majestic Things to Write About *92 Writing Pages *15 Sketch Pages *Professional (Perfect) Binding so pages won t fall out. 110 Pages Total JOURNAL SPECS: 6x9 Cream Paper 110 Numbered Pages Professional (Perfect) Binding A Journal or Diary is a tool that helps you clarify your thoughts, ideas, and plans, which enables you to take action in your life! Thoughts become words - Words become actions - actions become who you are. Unknown Did you know that journaling has a positive impact on your physical and mental wellbeing? It has been proven to strengthen your immune cells and decreases the symptoms of asthma, rheumatoid arthritis, as well as mental distress. How does this happen? Writing about troubling experiences helps you to recognize and accept what s going on and enables you to create a plan of action for dealing with them. This, in turn, reduces the impact of stress on your physical health. How you feel inwardly affects you outwardly and physically. Hence the term Mind, Body, Soul Writing in a diary is like clearing your mind of cluttering thoughts and throwing it all into a recycling bin for sorting out later, which allows you to get on with your day. The reason journaling is so effective is because the act of writing comes from the left side of your brain- the analytical and rational side. When your left brain is occupied, your right brain is freed up to create, feel, and come to resolutions. This gives you the use of all of your mind power to break through mental blocks and...



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