

# Journal Daily: Green Canvas Print, Lined Blank Journal Book, 6 X 9, 200 Pages (Paperback)

By Journal Daily

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Your #1 Journal for writing your Life's Journey. This blank 200 page journal will jump start your creativity with its minimal design and bright white pages. It can also be used for notes, as a diary, to track your food, exercise or just for writing down important information. Journaling is an ancient tradition, one that dates back to at least 10th century. Triumphant people throughout history have kept journals. Presidents, artists, and families have maintained them for posterity; other famous figures for their own reasons. There is increasing evidence to support the idea that journaling has a positive impact on physical well-being. Science has shown that writing about stressful events helps you come to terms with them, thus reducing the force of these stressors on your physical well-being. Scientific evidence supports that journaling provides other unexpected benefits. The act of writing accesses your left brain, which is logical and rational. While your left brain is occupied, your right brain is free to create, discern and feel. In sum, writing removes mental blocks and allows...



## Reviews

Good e book and valuable one. Better then never, though i am quite late in start reading this one. You are going to like how the article writer publish this publication.

-- Malcolm Block

This type of publication is almost everything and taught me to hunting ahead plus more. It is writter in easy terms rather than difficult to understand. Your way of life period will likely be transform once you comprehensive looking at this ebook.

-- Gladyce Reinger

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