

DAILY JOURNAL

Your guide to a happier, healthier life

Joshua Rosenthal

Daily Journal: Your guide to a happier, healthier life



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Utilize it with the intention of completely changing your romantic relationship to food and wellness. The Daily Journal is made to instruction and support you as you discover the principal and secondary foods which are right for you personally. "Primary food" is a term coined by author Joshua Rosenthal that refers to anything in your life that nourishes you but that does not come on a plate. You may use the journal once a day, twice weekly, whatever functions for you. (Joshua Rosenthal) This book is designed as a 3-month daily journal. You are guided to create Morning Intentions, Evening Reflections, Weekly Check-ins & Guided Exercises, and Monthly Activities & Improvement. Be yourself, as you are an individual with your personal unique schedule and style. The important primary food areas are: Relationships, Profession, PHYSICAL EXERCISE, and Spirituality. Secondary meals is, therefore, the food we eat.



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Like this journal because I can write the day in ... Like this journal because I could write the date in myself and We need not feel bad on the subject of missing a day or not even writing in the journal for months. I am SOO buying even more of the for the years forward. It's showing me where to find more stability. Rosenthal discusses as Primary Food aswell! As someone just starting out, this journal is SO helpful. It's awesome but I was very disappointed how it showed up-- crinkled and broken. I just wanted a more substantial size and one that lays flat. 3 years post graduation and I'm still using this daily journey! Too small smaller than i'd like for a journal. Not what I wanted Sent it back. Not really what I wanted It's the best! I loved the style and design of the journal. Five Stars Love my new journal An excellent start for someone just starting out! Reserve arrived damaged but great book I've used this device before in school at IIN. It breaks down the actions into manageable morning/evening reflections and asks the right questions to truly get you thinking. In addition, the rates from well-known people through the entire book really spoke if you ask me. Thanks Joshua! Having a daily journal to write in as become an important section of my day. I do feel like this publication helps me to stay on the right track with my Primary Food as well. I love writing down what I'm grateful for each morning and setting my intentions for the day. I also love how it includes a self care section that basically works you during your senses and through what Dr. I LOVE this journal!



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