

The cover features a decorative border of watercolor-style leaves and branches in shades of green, teal, and reddish-orange, framing the central text.

THE  
*Mindfulness*  
JOURNAL

*Daily Practices, Writing Prompts,  
and Reflections for Living  
in the Present Moment*

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The Mindfulness Journal: Daily Practices, Writing Prompts, and Reflections for  
Living in the Present Moment



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**LESSEN YOUR ANXIETY AND RESIDE IN THE PRESENT** Instant: You can feel worried when you're surrounded by negativity and headlines filled with bad news. To get started, scroll to the very best of the web page and select the buy now switch, to purchase your duplicate today. **UNIQUE, ACTIONABLE PROMPTS:** The Mindfulness Journal provides 365 daily writing prompts split into 52 weekly mindfulness topics. The Mindfulness Journal is definitely divided into weekly designs. This means it is possible to skip around and complete the prompts in any order that you choose. These prompts are fun, engaging, and can help you gain an appreciation for the world around you. **PLENTY OF WRITING SPACE:** Each prompt is certainly on its own separate page, so you'll have lots of area for reflection and space to write down **ALL** your thoughts. As one user commented: "The composing prompts have become detailed so it's easy to write about specific things that enable an improved dose of self-reflection and consciousness." **WRITE AT YOUR OWN Speed:** While we suggest journaling once a day, you can spend as much time as you need on each prompt. Thus giving you seven days to totally immerse yourself in each topic. Also the prompts are exclusive enough so you may never experience bored while journaling. Get Started **TODAY** with "The Mindfulness Journal" With "The Mindfulness Journal" you will take that first rung on the ladder toward self-discovery. With The Mindfulness Journal, you can create a stress-reducing habit that makes you appreciate each day.



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Excited to use January 1st!!! I guess I expected thicker paper since I paid \$16. I'm truly enjoying this reserve. It's just the same paper material that is in regular books. Very nice and well come up with! Printing and trimming of this book was totally off. I was disappointed I couldn't discover more pictures of the book online so below are a few! Great content, but not very writer-friendly This book offers some very nice feelings for healing the soul, and daily inspirational quotes. Unfortunately, while there is plenty of writing space to record thoughts, the build of the book makes composing in it difficult. This would have been much better released as a spiral-bound journal. I chose to return that when I saw the way the reserve was bound. It's just one, single-bound thick paperback, therefore you can't lay it smooth enough to write very well in it without practically destroying the binding, and web pages are likely to fall out in sections following a while the way they tend do do with that type of binding. I didn't see this in any other week. That said, the writing prompts have sufficient depth and openness to foster reflection and response. I am at it one week and I really enjoy the time it forces me to sit down and process and become in the now instead of the worry that's anxiety. The written text was trimmed off substantially. It's not demanding, I actually look forward to it. However, I find the prompts in this journal to end up being very helpful in encouraging me to maintain the moment. I do like how when you start a fresh week it tells you the best time to journal that is good to learn since every week this issue varies. This journal is much better than I'd have expected. The printing of this book was completely off. It gives a lot of space to write on each question. I like to book but really was disappointed in the printing/cutting mistake. :( Great thoughts, clumsy product I'm not really impressed with the structure of the journal. While I loved the coated soft cover, a few pages were not fully bound and so are bent and loose. It's a very much thicker, and incredibly wide-lined journal format than I anticipated. (It's larger and heavier than I love to take with me in the suitcase on business travel, and also very big for the bedside desk. My therapist recommended this for nervousness. I disagree with those who have complained about the grade of the materials of the book. An excellent additional to my daily journaling regimen. Bummed out. With a page per day, and instructions on the focus for the week I am obtaining it to be a great additional to my daily journaling regimen. The publication itself is substantial and gives a lot of area for reflections. Some possess noted the quality of the paper but I don't find this to be a deterrent from buying the merchandise. Buy it. I think you may be well satisfied Beautiful and useful journal for cultivating mindfulness Operating through this journal has become a cherished part of my day. I've only recently started on a route of bringing mindfulness into my entire life, and I would do not have thought of myself as "somebody who journals". I wish that it were a hardcover as that might be easier to write in but other than that, it's great! This journal really helps to provide me back and maintain a mindful center and mind. The message is fantastic, the product quality needs some function. While it holds true that the paper is not a creamy easy 'journal' paper and more of a thick 'book' paper, we find the experience of writing to become enjoyable (and there is no ink bleed). Also, I was amazed by the good size of the book - there's plenty of space to really reveal each topic. Thought provoking prompts Purchased this book following losing my mother. I need to write but was blocked. Great journal so far I found a mistake on Week 30. The only real disappointment is that the pages aren't made of fancier paper. Love it! I'm not sure yet if it will be any effective part of reducing her anxiety, that is clearly a lot to put up just a reserve, but she does enjoy it and look forward to filling it out and thinking about the prompts. Very insightful and readable Great book - have to read for everyone Mindfulness for writers It helps me start the day centered and calm. This book isn't as challenging as mindful meditation was for me. "Various timed of time". Good for Anxiety No complaints. Besides that, it appears like an excellent mindfulness journal. In the couple of days she's had it, she's actually enjoyed it. It has been SUCH an excellent part of my daily routine. Highly recommend!! Daughter loves it Bought this for my teenage daughter who has anxiety in an effort to introduce her to mindfulness excersizes. The gift that keeps on giving! The only thing that would make this better is a spiral binding. Appeared

through it myself and heck I might obtain one for me! Interesting topics. pass eh... I find the paper thickness sufficient for writing in pen or pencil. Also after reading reviews right here and purchasing the reserve.,,nearly what I thought it was likely to be repetitive Love this journal We haven't yet gotten in to the habit of writing daily, however when I do sit back to write, I quite definitely enjoy it. Despite the fact that occasionally I will read a prompt and think that it isn't inspiring to me, when I begin to write the words just circulation and I fill up the whole page. I'd definitely recommend.



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