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JOURNAL

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Paperback Journal: In 5 Minutes a Day - a more Successful and Happier Life



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All your associations and goals will seem to be effortless after mastering your own mindfulness. In just five minutes a day harness the power of your own pleasure and become the best version of yourself. AN INSTANT Practice that may change your daily life, Boost Pleasure and Boost your IQ with over 100 quotes on each web page.



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.New journal I take with me everywhere, it's light and simple to use.. the purchase price perfect. (-: This is a great journal. I love to practice gratitude THIS is an excellent journal. I enjoy practice gratitude, but sometimes it is really difficult for me to keep in mind. This book has three great prompts for morning and night to really help you focus on the nice things in lifestyle, and if you can do anything to make it better for yourself. I highly recommend! A good follow-up to the Five Minute Journal I like this journal mainly because a follow-up to the Five Minute journal. That one can be a keeper.The quotes a three top of every page are not nearly mainly because inspiring or motivational mainly because within the Five Minute Journal, and they frequently spell things wrong or use quotes from the same person many times in a row ("Abdominal Lincoln" had 6-8 consecutive days of quotes).. A journal I finally write in regularly! The standard of the item. I have a minute or two to fill up this out in the morning and night. Couldn't Ask For More For THE PURCHASE PRICE! Feels sturdy for a paperback journal with top quality paper inside. Would recommend! It will be there with me. Easy to take it anywhere. I needed a journal to create in no matter where I would be tomorrow or in a few days. Really Nice Paperback Journal Really liked the size, lightweightness, and silky paperback finish of this journal. A difficult copy wants to end up being on a publication shelf or coffee table. It's a third of the price and gets the additional entry for "what am we looking forward to tomorrow". Would definitely buy again?? . This is a game-changer.. I am beginning to really .#lovemynewjournal . Least. Dissatisfied: knock from a good product Poorly made overall knock from a good product It's good initially however, many of the queries could changed or . bought this journal for my pal she was very happy that I opt for useful tool as a gift . Format is quite well laid out&.. I am needs to really see how doing this regularly helps place the tone for your entire day and your mindset. This journal is... Ideal for my needs! Great gift for teenage daughter I had purchased this journal myself and loved it so much I idea it would be a great gift for my 13-year-old stepdaughter. She has been journaling in it every day and she likes to be able to write down what she does at school. That is a game-changer.. I also skip the weekly problem from the Five Minute Journal. It's good initially but some of the questions could changed or rotated, maybe a choice to answer question A reflection for the day or query B. Will get a little repetitive. Simple Love the simplicity Five Stars I love just how this journal is set up and I enjoy the daily quotes at the top. I purchased this journal for my pal she was happy that I opt for useful tool as a gift to uplift her spiritS. I have been trying to journal for weeks now which is the first-time I've been in a position to stick to it. Least. The standard of the product.



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