



Journal: 365 Writing Prompts, Ideas and Quotes to Cultivate Joy

By Judy Shafarman

Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 262 pages. Dimensions: 7.8in. x 5.1in. x 0.6in. This book of journal writing prompts along with beautiful blank books, simple spiral notebooks or even legal pads can bring you a year or a lifetime of reflection and self-discovery. Set down your memories, experiences, gratitude, goals and achievements. If you absolutely insist you can even get digital and password-protected, but then you'll miss the fun of doodling, adding arrows and mind maps along with the romantic pen and paper connection. Journal: 365 Writing prompts, ideas and quotes to cultivate joy and well-being offers close to 400 prompts and nearly 400 thoughtful or whimsical quotations as well as two BONUS appendices of folk wisdom for writers, and writers on writing. A detailed introduction explains the benefits and value of journaling along with suggestions for daily writing practices. Many of the ideas in this book would be welcome as dinner table discussion material along with family sharing of gratitude, brags, desires and even vulnerabilities (just like in a journal). Use your private journal time for your brain dump. Scan and sweep your mind and don't forget to appreciate all the good around...



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