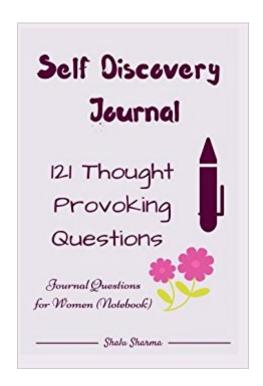


The book was found

Self Discovery Journal: 121 Thought Provoking Questions: Journal Questions For Women (Notebook)





Synopsis

Every woman should record their thoughts because it serves as a powerful way to clear the head and maintain physical and emotional well being. A Writing will help you to reduce stress, clear your thoughts, know yourself better, solve previously unsolved questions and feel calmer and happier. A There is growing evidence to suggest that maintaining a journal helps improve physical and mental health. Research carried out by a team (Pennebaker et. al.) at the University of Texas at Austin showed that those who engage in expressive writing for three 5-minutes session in the first person conferred health benefits. Â This book is a set of 121 questions (with lines) for you to note vour thoughts. Some of the other benefits of journal writing include;It has the ability to increase overall intelligence (IQ) by increasing vocabulary. A Allows you to think and actively engage in thoughts and let go of frustrations. A Journaling will increase help you manage your emotions and increase self-awareness. Writing has shown to increase memory and comprehension. Relieve stress and trauma by improving immune functions. A It will certainly help you unlock your creativity and increase self-confidence. Will help you achieve goals by activating the reticular activating system (RAS) responsible for regulating wakefulness and sleep-wake transitions that plays an important part in achieving goals. Try to write about 10 to 20 minutes each day. Do not worry about punctuation and grammar. There are 121 journal type questions and you don't need to start from the first page. Just pick a question and start writing. Your journaling will be the cheapest therapy you can get helping you to let go of bottled-up emotions. Once you start writing, you will feel emotionally, physically and spiritually lighter with yourself. Journal writing will change your life for the better.**Those who have bought the kindle version of this book can use loose paper or another notebook to pen the answers while those who bought the paperback can use the spaces within the book.

Book Information

Paperback: 132 pages

Publisher: CreateSpace Independent Publishing Platform; Ntb edition (September 3, 2015)

Language: English

ISBN-10: 1517177766

ISBN-13: 978-1517177768

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars 23 customer reviews

Best Sellers Rank: #51,778 in Books (See Top 100 in Books) #61 in Books > Self-Help > Journal Writing

Customer Reviews

I can't tell you how interesting this book is. If you are honest with yourself and answer the questions enclosed in the book, you will not only find some amazing things about yourself, but also find a way to fix the areas you may be lacking in. Shalu Sharma has thought of everything with her questions. They are an in depth look at one's self. I agree with the author that keeping a journal is important and she has made the task an easy one with this carefully laid out journal. That part of the job is done for readers and it is a fun and introspective journey to answer the questions. The author has thought of everything and readers are going to love the challenge of coming up with the answers and take an honest look into their own lives.

Very helpful.

All went well no complaints or complications.

Dealing with lives troubles, makes expressing your feelings easier.

gift

Not what I expected. The questions are not as deep and meaningful as I had hoped.

Love it

Definitely nothing new or special about this journaling guide..... but if a totally blocked, or a new writer this could be very helpful.

Download to continue reading...

Self Discovery Journal: 121 Thought Provoking Questions: Journal Questions for Women (Notebook) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Not All Those Who Wander Are Lost: Notebook- Small Blank Lined Notebook; Travel Journal; Traveller's Notebook; Study Abroad Journal: Vacation Journal: ... Journal: (Travel Journals and

Notebooks) Why Jesus Never Had Ulcers and Other Thought-Provoking Questions Questions for Couples: 469 Thought-Provoking Conversation Starters for Connecting, Building Trust, and Rekindling Intimacy Bullet Journal: 150 Pages Cactus Pattern Dotted Journal - 8"x10" (Bullet Journal Notebook) - With Bullet Journal Ideas: Bullet Journal Notebook (Volume 1) Bullet Journal: Cactus Green Dotted Journal - 150 Pages (Size 8"x10") - Bullet Journal Notebook - With Bullet Journal Ideas: Bullet Journal Notebook (Volume 2) And So The Adventure Begins: Notebook; Travel Journal; Small Blank Lined Notebook; Colorful Abstract Watercolor Cover; Study Abroad Journal; Vacation ... Journal and Notebook Collection) (Volume 23) Discovery Map 85: Cork Kerry (Discovery Maps): Cork Kerry (Discovery Maps) (Irish Discovery Series) Something in Between: A thought-provoking coming-of-age novel Can I Kiss You?: A Thought-provoking Look at Relationships, Intimacy, and Sexual Assault 30-Second Philosophies The 50 Most Thought-Provoking Philosophies, Each Explained in Half a Minute The Notebook of SUCCESS: Journal for Men to Write in. The 200-ruled-page Notebook with 100 Inspirational Quotes from The World's Most Successful Men ... (Best Self Help Notebook Diary) (Volume 1) Bullet Journal: Dot Bullet Journal; Small Blank Dot Grid Journal for Women; (5.25 x 8 in.) -blank dotted pages for Diary, Planner, Calligraphy, Hand ... Journal and Notebook Collection) (Volume 1) Self Love: F*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion, Love Yourself, Affirmations Book 3) Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) A Teen's Self-Discovery Workbook in Astrology (Self-Discovery Workbooks in Astrology 2) Graph Paper Notebook (Compostion Notebook): 1/2 Inches Square - Botanical Leaf Cover - 8.5"x11" (Softback): Graph Paper Notebook (Composition Notebook) (Volume 6) Classic Journal (Diary, Notebook): Classic Journal / Writing Notebook / Blank Diary - 210 Pages, 7" x 10", Hardcover Journal-diary gift. Bullet Journal: Pineapple and Flower - Blank Dotted Notebook 150 Pages(8"x10") - Dot Journal: Bullet Journal Notebook (Volume 7)

Contact Us

DMCA

Privacy

FAQ & Help