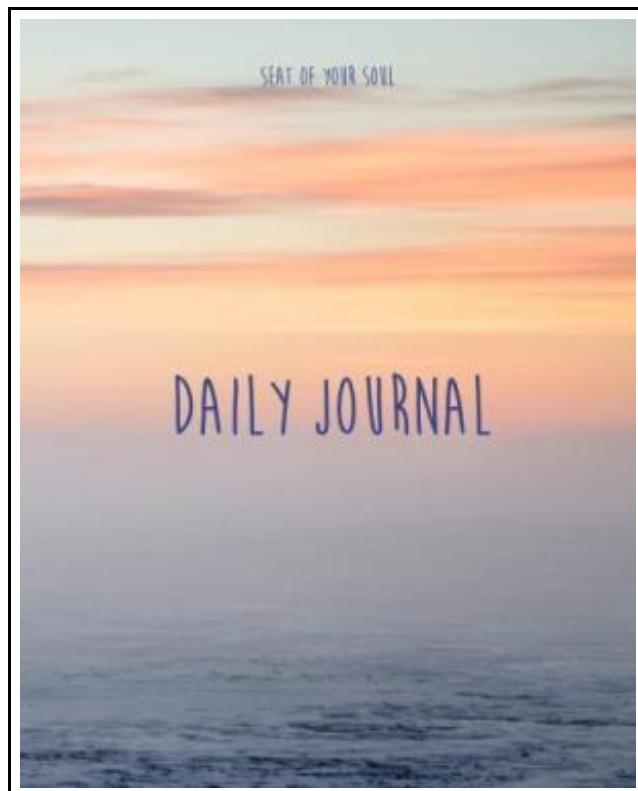


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.The Seat of Your Soul daily journal is an ideal self improvement tool that aides you in your daily goals, self tracking, productivity, happiness, thoughts, wins, and gratitude. This journal has 365 days (plus an extra day for leap years) - large blank pages to be creative and just write! All pages are dated for you to keep a great record of your life - as well as an opening page to write down your name and the year. This journal is also much larger than most - allowing you to actually write your daily wins and memories down! Keeping a daily thought diary is an amazing tracking tool that has been shown in many studies to greatly increase appreciation, get more important tasks done, and increase feelings of well being and connection. Journals are used by many self help mentors and high achievers and have really taken off since the likes of Tim Ferriss, Robin Sharma, and many others have raved about their daily journaling practices. Writing in a journal reminds you of your goals and of your learning in life. It offers a place where you can hold a deliberate, thoughtful conversation with yourself. - Robin S. Sharma Whether you're keeping a journal or writing as a meditation, it's the same thing. What's important is you're having a relationship with your mind. - Natalie Goldberg.

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