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Spark Joy Notebook Journal: Blank Book Journal, Life Journal, Minimalist, Lined Journal, 6 X 9, 150 Pages (Paperback)

By Blank Journal

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Language: English . Brand New Book ***** Print on Demand

*****.Spark of Joy Journal: Blank Book Journal Your #1

Journal for writing your Life s Journey. This blank 150 page journal will jump start your creativity with its minimal design

and vast white pages. It can also be used for notes on

decluttering your life, writing illustrated notes, as a diary, to

track your food, exercise or just for writing down important

information, methods or Doodles. For anyone who wants to

simplify their life. Your #1 Journal for writing your Life s

Journey. This blank 200 page journal will jump start your

creativity with its minimal design and bright white pages. It can

also be used for notes, as a diary, to track your food, exercise

or just for writing down important information. Journaling is

an ancient tradition, one that dates back to at least 10th

century. Triumphant people throughout history have kept

journals. Presidents, artists, and families have maintained

them for posterity; other famous figures for their own reasons.

There is increasing evidence to support the idea that journaling

has a positive impact on...



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