



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

By Blank Journal

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. 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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