

Journal Goods Sketchbook: Blue Water Design, 7.5 x 9.25, 160 Pages For Sketching, Drawing and Writing, unique gift unruled Sketchbook for artists, teachers and students

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Journal Goods Sketchbook: 7.5 x 9.25, 160 Pages for drawing ideas, thoughts and dreams. It can also be used for notes, ideas, to track your food, exercise or just for Sketching 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 physical well-being. Science has shown that writing about stressful events helps you come to terms with them, thus reducing the force of these stressors on your physical well-being. Scientific evidence supports that journaling provides other unexpected benefits. The act of writing accesses your left brain, which is logical and rational. While your left brain is occupied, your right brain is free to create, discern and feel. In sum, writing removes mental blocks and allows you to use all of your brainpower to better understand yourself, others and the world around you.

Benefits Of Journaling:

- *Expression of thoughts and feelings
- *Knowledge Of Self
- *Stress Reduction.

*Problem Solving In addition to all of these wonderful benefits, keeping a journal allows you to track patterns, trends and improvement and growth over time.. Join the millions of people and Purchase your Sketchbook by Journal Goods. * journal for about 20 minutes daily.

Wholesale: This Journal notebook can be purchased wholesale by retailers and academic institutions located in the USA. Youll need to sign up online for a Createspace Direct Resellers here: <https://www.createspace.com/pub/1/createspacedirect.do>. Manufactured & Designed in the USA -The Blank Book MD

Welcome to the blog of Joan le Grande. I'm changing the blog to english so forgive me the dutch articles before. I

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already translated a few, keeping it up! Anyway, stay tuned for lifestyle articles and reviews about games or other nerdy stuff. Enjoy! Categories Comics Games Playstation 4 Wii U Lifestyle Posted by Joan le Grande in Games, Playstation 4 Leave a comment Tagsexperience, first look, Games, Playstation 4, Playstation VR review, ps4 VR review, virtual reality YES YES YES. I'm super hyped about the VR, but you obviously knew that already because of my last blogpost. There were a few hiccups because I ordered it online and I was working during the time it came. I stressed, freaked, jumped and finally gave up on the thought I got to play on the day it came out. But luck was on my side and when I got home, 20 minutes later the VR glasses arrived! In this post I will take you with me on my first experience with virtual reality. Was it as awesome as I hoped? Or is nauseating and not really my cup of tea? Read and find out!

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