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*You Are 7! A Journal For My
Daughter (The Mother Daughter
Journal Series) (Volume 8)*

A guide filled with advice and prompts for reflection, helping you appreciate your experiences and adding extra meaning to your life. Daily life is frenzied. We know we should slow down, but recognizing the opportunities to do so can be tough. This journal will guide you to appreciate the places, people, and experiences that give peace to your mind, solace to your body, and meaning to your life. Throughout, sage advice from artists to athletes to business leaders along with suggested activities and reflections will

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help you to be more present and aware. Record a year's worth of your daily intentions and introspections, and by the end you may even find the elusive center. This journal is perfect for recent graduates, milestone birthdays, or as a year-end holiday gift to kick off "New Year, New You" projects.

Books connect us: we rave about our favourites to anyone who will listen, pass on our well-thumbed copies to friends and get together in book clubs to chat through our opinions. This beautiful guided journal will allow you to gather your thoughts on the books you have read, with 50 templates to fill in. You will also find advice on how to organize a successful book club, pick your discussion topics and make the most of your reading time, plus 200 book

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recommendations arranged into 20 themed reading lists, carefully curated by Sanne Vliegenthart, book reviewer and creator of hugely popular book videos at Books and Quills. With timeless quotes on the joy of reading peppered throughout, this makes a gorgeous gift, whether for someone else or just for yourself. Find Sanne on Twitter, Instagram and Youtube @booksandquills This ebook is not an exact replica of the physical book. All templates from the book are available as downloadable pdfs to print and fill in. Walk with Gods Word, is a personal journal. Read the scriptures, and prayers and converse with God. God knows what is in your heart, sometimes writing it down and into your personal journal helps you understand what you are thinking and feeling. Writing out your thoughts and prayers

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helps you put things into prospective. Talk with Jesus, walk with Gods' word and truly become the christian person God wants you to be. Because of God, Through God, With God, All things ARE!

Morning is the key to success It is good to start your morning by organizing your daily priorities and duties in order to have a happy day full of hope and vitality. We have designed this journal to help you practice morning positivity develop yourself step by step acquire new activities and organize your time which will make you feel the difference between the past and the present and it gives you hope for the future.

To Burn Notebook

100 Activities - Color, Write and Draw

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Sunset Spray

A Journal

Do One Thing Every Day That Centers You

Do It For Yourself

Bookworm Journal

Your pregnancy story is a special one. Document your most precious moments from this season of life in this elegant keepsake journal and memory book. Growing You is a place to celebrate and chronicle your pregnancy journey, reflecting on the growth,

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anticipation, and memories that you want to hold onto as a mother. This heirloom-quality book, created by the author of the popular baby book *As You Grow*, is designed with a timeless look and archival paper so that you can one day pass it along to your child.

Growing You includes:

- Space to journal your feelings and experiences about pregnancy and your birth story
- A section to document your prenatal appointments and growth
- Writing

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prompts to record precious milestones such as baby showers and prepping your nursery • Pages to document your baby's birth day • Pocket folder for sonogram photos, letters from loved ones, and other mementos • And more! Special Features: • Chic, gender-neutral design • Elegant linen cover • Acid-free and archival paper • Generous trim size offers ample space for photos • Lay-flat design created by a beautiful gold spiral binding allows you to easily

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write in the book

The Book Club Journal
All the Books
You've Read, Loved, & Discussed
Adams
Media

A stylish, fun, astrological notebook with a Cancer constellation on the cover. Inside, there is ample room for taking notes, writing stories, jotting lists, doodling, brainstorming, meditation journaling, and taking down ideas. It can be used as a notebook, journal, diary, or school composition

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book. This paperback notebook is 5" x 7" and has 120 wide ruled pages (60 sheets). Perfect back to school, birthday, Mother's Day, Easter, or Christmas gift idea for Cancer women, men, boys, girls, and any Cancers who love astrology, stars, constellations, and the zodiac calendar. Neither too thick nor too thin, this zodiac journal is a great size to carry everyday and is available separately for each astrology sign. SIZE: 5" x 7" Medium

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antique books and an inspirational
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tables). As well as the main review

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Gorgeous Notebook ... I am very pleased with this purchase. The picture on the

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cover is lovely and the paper inside takes the pen beautifully ... ideal for jotting down ideas and shopping lists. I would buy this brand again. (30 Jun 2014) ***** Very Nice ... Beautiful. My daughter loved them!!! (August 17, 2014) ***** Love the Van Gogh Notebook ... Loved it, keep it in my purse incase of creative impulses. (November 8, 2013) **** Beautiful Book ... Awesome pictures on front and back ... It will be a nice journal (December 31,

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2013) ***** Five Stars ... Great artwork, perfect size. (August 16, 2014) ***** Really Pretty Notebook ... My mom loved it ... Going to get The Best Dad in the World one for my dad at Christmas ... highly recommend. (July 1, 2014)

Wreck This Journal (Black) Expanded Ed
Defy Self-Doubt, Fearlessly Follow Your
Own Path and Be Confidently You!
A Reading Log for Kids (And Their
Parents)

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A Guided Journal to Help You Calm
Anxiety, Relieve Stress, and Practice
Positive Thinking Each Day

You Are Magic

Between You and Me

Dare to Be You

Are you harnessing the power of a journal? If you are going through life right now feeling like everything is out of control or that things are not happening the way you planned, you need a journal. I don't mean to be too direct, but it is time for you to discover why you feel the way you do and then

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figure out what to do about it. Or you can just write stuff in it! The great thing about a lined journal is you can make it into anything you want. A day timer, travel journal, diary, notebook for school, etc. If you need to write something down, a journal is the tool you need. If you want to use it for more than just a notepad then keep reading. Benefits Of Keeping A Journal Almost every successful person seems to have kept a journal in one form or another. Success in this case is not defined by money but overall happiness. Whether or not they called it journaling doesn't matter as they kept a record of their goals, success, failures, feelings and

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their daily life. Your journal contains the answers to your most burning questions. It is literally the best self-help book you could ever read because it is all about you. Just some of the benefits of journaling are: Allows you to reflect on your life and the changes you are choosing to make or not make Clarifies your thinking and as Tony Robbins says "Clarity is Power" Houses all your million dollar ideas that normally get lost in all the noise of life Exposes repeated patterns of behaviors that get you the results you DON'T want Acts as a bucket for you to brain dump in - a cluttered mind leads to a disorganized life Revisits daily situations

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giving you a chance to look at it with a different perspective Doesn't crash and lose everything you put into it like electronics (just like electronics though don't get it wet) You may want to keep multiple journals. One that contains your truest and most secret feelings that you guard heavily, but need a way to express. Another that contains all those fantastic ideas, dreams and awesome goals. Maybe just something you doodle in. No matter how you use it getting into the daily habit of journaling has the potential to improve the quality of your life. How To Use A journal Let's look past the simple fact you know how to physically write in

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a journal and dig into how to actually use your journal. It might contain all the secrets to life's biggest problems but unless you know how to uncover those secrets they stay hidden away in your words. Let the words flow from the heart and be filled with emotions, no holdbacks Make a daily journaling schedule. Each and every day take the time to record your thoughts morning and night. If you love to type notes into your phone all day transfer them to your journal after. Sit in a quiet spot and allow yourself to be judgement free. Your journal is not a reason to turn yourself into an emotional punching bag. Start small. You do not

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need to write a specific number of words. Just the right amount of honest words that let you feel a sense of being free from negativity and energized with possibility. If you write in your journal like someone is going to read it, you will ever allow yourself to fully express what needs to be expressed. Write like no one will ever read it because it is likely no one ever will unless you want them to. Write how you loved something, were mad at someone, wished something was different or anything you need to. Just do it. Start today writing in your journal. You could even put "Today I bought this awesome journal and will

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6" x 9" journal for recording dreams, ideal size for the bedside table/drawer. Have you ever been annoyed by not being able to remember a dream you had? Ever felt like you've had a certain dream before? Write them down so that you don't forget! This notebook is ready to be filled with the wonder of whatever goes on inside your head. You can record up to 100 dreams in your journal, all from the comfort of your own bed! There's ample diary space for:- Dream description- Exploring the details- Drawing or sketching pictures- Reflecting

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your child finish a story, fill out a journal entry with the title, author and rating of the book. Then, tear off the perforated corner of each page to see the bookworm “eat” his way through the journal. Not only does the Bookworm Journal promote lifelong reading habits, but it helps parents and children maintain a reading routine whether it's before bed, playtime, naptime—or whenever the bookworm works up an appetite.

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The 7 Habits of Highly Effective People 30th

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Anniversary Guided Journal

A Journal for Self-Exploration

All the Books You've Read, Loved, & Discussed

One Question a Day

The Dare to Be You Journal

Feminist Blank Book, Journal, Diary, Notebook for
Men and Women

A bold motivational journal for anyone seeking to
boost their productivity Whether you're embarking on
a new project or planning your future, understanding
what makes you tick is the crucial first step in
making things happen. Do It For Yourself combines

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the pop-art-inspired graphics of *Subliming with 75* thought-provoking prompts by creativity and productivity expert Kara Cutruzzula. Choose any goal and work through the five stages of the journal—getting going, building momentum, overcoming setbacks, following through, and seeking closure—or just open it to the phase you're in now. Each exercise is designed to help reorient your outlook, overcome roadblocks, and encourage mindfulness, with powerful typographic quotes to inspire you along the way. In these pages, find the much-needed space to focus your energy, clear up

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mental clutter, and set yourself up for success. Because isn't it time you did it for yourself? Blank lined journals are perfect to record all the important events in your life and this 6 x 9, 108 page lined notebook is excellent for doing just that. A place for all your thoughts, poems, funny quips or even recipes. Honestly it is just lined paper inside so you can make it into anything you want. A day timer, travel journal, diary, notebook for school, etc. You could even write the next bestselling graphic novel in it. O.K. I know you get it. Oh and it makes the perfect gift. Blank Book Billionaire Journals, Coloring Books

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Dimensions: 15.2cm x 22.9cm (6" x 9"). Not pocket sized, yet a perfect fit for your bag.
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The 7 Habits Journal for Teens

The Book Club Journal

Eat, Pray, #FML

Manfulness Journal Amazing Morning Journal

No Worries

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Reading Journal Book Lovers Resource Diary: Best Gift for Book Lovers: Reading Log

Love You Mom

A Guided Journal Companion for Habit Building and Effective Living Whether struggling with time management or looking for new high-performance habits, The 7 Habits of Highly Effective People 30th Anniversary Guided Journal offers prompts, worksheets, and exercises to help you accomplish all your short and long term goals. Journal your way to your best self. When The 7 Habits of Highly Effective People was released as a

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card deck, audiences approached Stephen R. Coveys time-tested principles in a whole new way. Now, this companion journal gives readers a chance to explore effectiveness, plan strategically, and craft inspiration into action. Its concise format is accessible to readers everywhere not only is it easy to understand, but it offers practical and relatable applications. With each habit broken down in an easy-to-implement weekly format, it can inspire both beginners and seasoned 7 Habits readers to get motivated, build confidence, and promote personal growth. Cultivate success, skill, and self-

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development. Featuring thought-provoking prompts, worksheets, and inspirations that teach you how to prioritize and achieve your goals, The 7 Habits of Highly Effective People guided journal is your next step to success. Inside, find: Journaling prompts for self-discovery, confidence-building, and deeper learning of the 7 Habits Worksheets for strategic management and optimal goal achievement Exercises and challenges to stay motivated If you enjoyed books like The 7 Habits of Highly Effective People Personal Workbook, The 52 Lists Project: A Year of Weekly Journaling Inspiration, or The High

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Performance Planner, then you'll love owning The 7 Habits of Highly Effective People 30th Anniversary Guided Journal.

Each day presents an opportunity to find delight, whether in your surroundings, your work, your relationships, your insights, or your actions. This journal will guide you to look inside and outside yourself to discover and appreciate what makes you happiest. With prompts and exercises, the wise words of writers, musicians, philosophers, and leaders will help you reflect on what fills you with joy. You'll measure your happiness at the outset and along the way; after a year's

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worth of delight, your smile will be bigger than ever.

Have you ever wondered what your daughter looks forward to when she starts her day? Or her feelings about school or her friends? This delightful unicorn-themed journal makes it easy to find out. Each page features thoughtful prompts for mother and daughter to complete on their own or together. Learn about the best part of each person's week, describe the adventures that you've enjoyed together, and compare your favorite colors, animals, and sports. With recommendations for activities that will create more special

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memories and tips for establishing a journal-writing routine, this book offers a fun way to stay connected.

A 100-page journal, ready for you to record your thoughts, your dreams, your hectic schedule. Original photography.

A Five-Year Journal

My Journal

Start Where You Are

Some Motivation

Love Journal

Growing You

The international bestseller... For anyone who's ever had trouble

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starting, keeping, or finishing a journal or sketchbook comes this expanded edition of *Wreck This Journal*, an illustrated book that features a subversive collection of prompts, asking readers to muster up their best mistake and mess-making abilities and to fill the pages of the book (or destroy them). Through a series of creatively and quirkily illustrated prompts, acclaimed artist Keri Smith encourages journalers to engage in "destructive" acts--poking holes through pages, adding photos and defacing them, painting pages with coffee, coloring outside the lines, and more--in order to experience the true creative process. With Smith's unique sensibility, readers are introduced to a new way of art and journal making, discovering novel ways to escape the fear of the blank page and fully engage in the creative process.

Keep track of your book club selections and record your latest

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literary adventures with this reading journal to stay organized for your next meeting! Book clubs are a great way to read new books and discover different genres and new topics that you may not be too familiar with. You can share your thoughts in a social setting and enjoy interesting conversations that might open your eyes to other opinions about the book. But all too often we forget the best details once the book is finished and put back on the shelf. With The Book Club Journal, you can collect and remember all your important thoughts and feelings so that you can reflect on them for future meetings or rereadings. Made specifically for book club members, this journal has prompts for all the basic book stats, such as the title, author, and who suggested the book, along with book club specific questions like “How does this book compare with the titles we have read previously?” This fun and useful journal also

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includes reference pages with lists of classic book club must-reads, and room for you to create your very own to-read list.

What a fun idea-- to organize memories by school grade! A great gift for a student going into this grade. Do you have a young child in mind who is beginning their school career? Collect all the school grade journals so they can write down all the memorable moments, which they are sure to cherish forever. 100 lined pages, soft-cover with a cover colour that's suitable for both boys and girls.

"What does a woman do when her life has fallen apart and her heart has been ripped out and stepped on twice in two months? She goes on a wild adventure, makes some bad decisions, and does a sh*t load of soul searching. But most importantly? She finds out how to love ... herself"--Back of book

A Book Lover's Journal

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Keepsake Pregnancy Journal and Memory Book for Mom and Baby

A Journal of Self-Discovery

Begging Round

A Guided Journal to Unlock the Power of Your Inner Unicorn,
Llamacorn, and Narwhal

Do One Thing Every Day That Makes You Happy

Grade 7 Journal

***100 Questions Every Person Should Ask
Themselves is a journal for those who want
to dive a little deeper into who they truly are
and what they need to do in order to become
the person they want to be. It's a wonderful
book for anyone going through a big life***

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change or for those who feel like they need a new direction and a fresh start. Just remember that self-examination can be painful. So be ready. This journal pulls no punches. But if you're honest with yourself, and honest in your writing; you'll find that by the end of this journal you'll have learned much more about who you are and what you should be doing to get where you need to be. 100 Questions Every Person Should Ask Themselves is set up so that you can go at your own pace; whether that means doing multiple entries in a day or just one a week.

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Feel free to skip around and choose the question that is perfect for that specific day. And while this journal is aimed specifically at adults, there's nothing inappropriate inside, so it's suitable for young adults as well.

The tremendous sales of Sean Covey's previous books for teens have shown that he has a gift for communicating with teens and providing them with an accessible road map for surviving and thriving in adolescence and beyond. This daily journal includes seventy-seven quotes from THE 7 HABITS

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***OF HIGHLY EFFECTIVE TEENS and a warm
and insightful introduction from Sean
Covey.***

Valentines Day Journal/Notebook 120

Quality Pages Perfectly sized at 7.44x9.69

Beautiful hearts Interior Great Valentines

gift for anyone Makes a great book for

writing pretty much anything you can think

of... This Notebook/Journal makes a perfect

gift. The heart lined pages makes writing

fun. Simple, yet elegant enough to give as a

gift for Husband, Wife, Mom, Children,

anyone! Get yours today!

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A simple journal that offers one question per day, to be answered on the same day for five years in a row. The questions range from the prosaic ("What did you have for lunch today?") to the contemplative ("Can people really change?"), giving readers a comprehensive look back at their thoughts and feelings over a five-year span. For anybody who has ever given up journaling after being intimidated when facing a blank page, this book makes it easy to take a snapshot of your inner life in just a few minutes each day. The beauty of this journal

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is that it enables readers to track their emotional growth as well as keep track of memories, and provides an interesting walk down memory lane a few years later. The simple one-question prompts make this book to journaling as adult coloring books are to art - a gateway product with built-in creative inspiration. The specially-sized package features a printed flexi-bound cover, four-color endpapers, quality paper, and bookmark ribbon.

Cancer: Lined Zodiac Notebook (Astrology Constellation Sign) (Journal Composition

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Book Diary) (5 X 7 Medium)

Walk With Gods' Word Personal Journal

Journal Your Life's Journey

Ages 3 to 6 - Alphabet Fun-Schooling

Journal

7 AM Journal

Reading Log

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Pages

Poetry. Drawings by Paul Blake. Originally published in 1977 by Good Gay Poets of Boston. "A book whose page has come. ruth weiss has been

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sounding these poems, alone or with jazz accompaniment, for many years. It's now ocheny chorosho that they appear for the senses of those potential poets searching for new modulations of expression; for her poems are of the rhythms of our time and the interlaced, repetitive subtleties are sewn by that 'thread for those who breathe in rags' (Vallejo) which bespeaks and sings the deep loom of the bronze lotus."—Jack Hirschman

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do ANYTHING with your life. (52 stories for every week of the year) Every single day you'll get a Powerful Girl Quote. You'll be challenged with 100+ Powerful Girl Actions for how you can make a difference with your life. And every day you'll have a place to write down your feelings, thoughts, challenges, hurts, disappointments, successes, celebrations, relationships, actions, experiences, adventures - all the things your life is made of. The Powerful Girl Journals will become irreplaceable treasures as you look back on your life! Here's the thing... In my many years of working with girls I have

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watched as one after another falters when you reach the "Real World." You start out with such great dreams. You are full of energy and hope - determined to make your mark on the world. Then you face the reality of unkind people; cruel words; failed attempts; unforeseen obstacles; and a myriad of other "Real Life" situations. Your dreams crumble before the onslaught. It doesn't have to be that way! If you are prepared; equipped; and strengthened by the stories of people who have come before, you can conquer everything that comes your way - making your dreams come true! If you have a safe place to

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write down your experiences and all the things you learn along the way - NOTHING will stop you from living the life you dream of right this minute! It's my honor to be part of your journey with you. Let's get with it! Ginny Dye

Start Where You Are is a full-colour, passion-inspiring journal designed to help readers nurture their creativity, explore their feelings and focus on what matters most. Featuring vibrant hand-lettering and watercolour illustrations, it pairs inspiring quotes with supportive prompts and exercises to spark reflection through writing, drawing, chart-making and

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more. As beautiful as it is useful, Start Where You Are will make a perfect gift and keepsake as well as a powerful tool for positive change.

There is nothing like the feel of pen/pencil on paper for your thoughts, dreams, experiences, and life events recorded in the moment. Carry and use this blank book for a diary, journal, field notes, travel logs, etc. Yes, it is designed for any of these needs and more. 150+ pgs. with 60% gray dotted lines for writing guides or ignore them for free scripting, sketching, etc. Also includes: blank field title page to fill in 6-page blank table of contents blank headings

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corporations, and government divisions. As of 2016/11, it has served clients in 31 countries through direct consulting. (www.NDAuthorServices.com)

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150 Page Journal Notebook Diary

From the bestselling, award-winning author of You Are Awesome comes the much-anticipated follow-up, Dare to Be You. What would you dare to try if you stopped worrying about fitting in? If you're the kind of person who thinks: I don't like standing out from the crowd ... I wish I could be more like the cool kids ... There's no point trying to change things ... then this book is for you. Because guess what? There's no such thing as normal. Drawing examples from sport, science and even business, Dare to Be You empowers young readers to follow their own path, love what makes them different and question the world around them. With You Are Awesome's trademark mix of hilarious text, stylish illustration, personal insights and inspiring real-life examples, including Greta Thunberg and Malala Yousafzai, Matthew Syed introduces children

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to the power of diverse thinking. When you stop doubting yourself, embrace change and let your kindness loose, you become your own action hero. This groundbreaking, practical and positive book will help kids develop the inner confidence to grow into happy adults who know - and, more importantly, LIKE - themselves. Praise for You Are Awesome, children's book of the year 2019 and Sunday Times no. 1 bestseller: "A very funny and inspiring read! Brilliantly practical with a wide variety of examples that make it relevant for both boys and girls (and adults)!" - Online customer review "Genuinely funny and engaging ... It's a must read." - Online customer review

100 Fun and Creative Activities to help young children learn how to write letters and understand each sound. SALE Normal Price \$15.50 New Year's Sale! Sale ends January 30! 100 interesting and

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inspiring activities for active and curious children, ages 3 to 6. By the makers of Dyslexia Games. For preschool or homeschooling. Keep your little one busy while learning to write every letter in the alphabet. Enjoy step by step letter writing lessons and creative coloring pages that help children learn the sounds associated with each letter. Little ones will also learn to spell simple words!

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WHAT IF YOU COULD BECOME AWESOME AT (ALMOST) ANYTHING? *It's not as impossible as you might imagine. If you're the kind of person who thinks ... I need a special type of brain to do math You're either good at sports or you're not I don't have a musical bone in my body Challenge the beliefs that hold you back! Whatever you want to be good at, the right mindset can help you*

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achieve your dreams. Times journalist, two-time Olympian, and bestselling author Matthew Syed demonstrates how grit, resilience, and a positive mindset can help in every aspect of your life--from school to friendships to sports to hobbies. Using examples of role models from Serena Williams to Mozart, You Are Awesome shows how success is earned rather than given, and that talent can be acquired through practice and a positive attitude. Practical, insightful, and positive, this is the book to help you build resilience, embrace your mistakes, and grow into a more successful, happier YOU!

Are anxiety and worried thoughts making you feel restless and panicked? Are they preventing you from feeling positive and optimistic about your day-to-day life? If so, manage your thoughts and lift your spirits using this beautiful daily journal as your guide.

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No Worries is a 12-week anxiety journal that will help you process what's on your mind and gently re-frame your thoughts, so you can manage your worries before they start to spiral out of control. It was designed to meet you where you are now and guide you toward developing a practice of taking a few minutes each day to reflect on your thoughts, identify the sources of your anxiety, get in the habit of positive thinking, and prioritize your overall wellness and mental health. No Worries includes: Daily Journaling Pages Space to check in on your mood, reflect on your thoughts and anxiety triggers, practice daily gratitude, and honor any positive thoughts or moments from your day. Self-Care Ideas: Suggestions for simple ways to take care of yourself and start to feel better. Emotional Support Cheat Sheet: Write down who you love, what you value, things you enjoy, and favorite quotes for whenever life feels

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uncertain Mindfulness Matters: Tips for finding a few minutes of peace and quiet each day. Fear-Setting Exercises Manage your biggest worries and shift your perspective so you can stop stressing and take meaningful action. Habit Trackers: A page to help you remember to prioritize self-care and the habits that are important to you each week. Therapy Reflections: Reflect on your sessions (if you are seeing a therapist or counselor) and record what you learned and how it made you feel. Monthly Progress: Pages for you to look back on your month overall and check in on your satisfaction in different areas of your life. Anxiety might be making you feel like you're walking on pins and needles. But by using the No Worries journal, you'll be making a positive step forward toward coping with your anxiety, caring for your mental health, and feeling better each day.

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A Mindfulness Journal

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Book Club Journal

You Are Awesome

Reading Journal for Kids

A Diary of Dreams, Thoughts and Feelings