

Journal Topics For Where The Red Fern Grows

This is a student journal created to go along with the book, "Class Town - Creative Journal Prompts." Order this book in 20 (\$5.50 each), 25 (\$5.00 each), 30 (\$4.50 each) or 40+ (\$4.00 each) class packs at http://www.kndbooks.com/purchase.htm - prices do not include shipping or tax (CA residents only). About "Class Town - Creative Journal Prompts" A town full of fun, creative journal writing prompts. A meteor rains down on the town, some town residents loose their houses and property, or watch it fall. A wild pack of bunnies hop through town, eating property, causing problems and even becoming pets. The town hosts a marathon, who ran, won or watched? The town elects officials, town residents hold and loose jobs, receive salaries, celebrate national and odd holidays and experience other normal town activities. Sixty-three event and holiday journal prompts, including ten town milestones and experiences that should be repeated throughout the year, combine for many days of creative writing for all town residents. Each non-holiday event includes an event and individual pages and cards that give each town resident a differing writing prompt. Holidays are whole-town events with announcement pages for all to write from. This book also contains town buildings, houses and a setup guide as well as journal pages and teacher recording charts. Burn After Writing Teen is an interactive book for teenagers that invites you to face life's big questions. Who are you now? How did you get here? Where are you going? Some questions are fun, some are deep and some are just plain random. Approach them with courage and creativity. There are no wrong answers. You can take it deady seriously, or just have fun with it, or both. It's up to you. This is the practice session for the big interview exclusive you will doubtless face when the world finally discovers how amazing you actually are. This Creative Writing book aims to encourage creativity and exploration as well as improve kids communication skills. It is designed to use as a tool in order to groom the writing style of children. Prompts are actually the foundation for writing that most kids do in their further education. This book covers many interesting topics to invite children to think about, develop a perspective about and write about a topic. It introduces and focuses on the writing topic. It also provides clear information or instructions about the essay writing task. So let's start!

This kids writing prompt journal is perfect for teachers to use for a classroom monthly journal or help parents develop strong writing skills at home by incorporating drawing fun.

A Guided Journal for Discovering Your Voice

The Ultimate Self Exploration Journal. 'who Am I?' and 199 Other Transformational Questions and Creative Writing Prompts for Self Reflection and Personal Enlightenment

A Journal

Hardcore Self Help

Grade 5

Educated

How to Heal a Bad Birth

"Perfect for writers who are feeling uninspired or who simply want to tackle a new writing challenge, 1200 Creative Writing Prompts has something for everyone. Whether you write fiction, poetry, or creative nonfiction, you'll find plenty of fresh ideas inside this book" --

You want change. Maybe your career isn't what you thought it would be. . . or your relationships aren't what you had hoped. Perhaps you have a grand vision for your life but not the smallest clue on how to get there. Wherever you feel stuck or confused, you wish you had someone to hold your hand and guide you. You do. And it's only a blank page away. In Let It Out, millennial blogger and podcast host Katie Dalebout shares the transformative practice that will rocket your life to the next level—journaling. Discovering in her darkest hours that a journal is the greatest tool in finding your purpose, healing yourself, and creating the life you desire, Katie has assembled the practices and insights that will get you "unstuck" for good. And don't worry—you don't need to be a writer! Journaling is simply a method of coaching yourself through your "stuff" and letting it out on the page, unloading your mind from years of destructive thoughts. In doing so, you step into a position of unsurpassed clarity. Packed with journaling exercises, prompts, and techniques that can be done anywhere and in any order, this guidebook offers you a new way to navigate your daily life, cope with stress, and create exciting, permanent change. Covering everything from clearing clutter to cultivating abundance to moving beyond fear, it will be your new best friend and coach anytime you seek clarity or crave solace. Simply grab a pen, open your journal, and prepare to let it out.

Massively inspirational, creativity-catalyzing, and just the right dose of self-help. That's what this book is! We're living through a distraction contagion because of technology (namely social media) and busy work schedules and it's becoming harder than ever to find space for ourselves. Don't believe me? A recent study claimed that only 25% of people are living up to their potential to be creative. We're living in a time where creativity and self-knowledge are becoming more and more scarce. Here's my solution: Writing Prompts: The Ultimate Self-Exploration Journal is a beautifully-designed journal made to work your creative muscles, pencraft, and help you find some enlightenment along the way. Super charge your imagination and reflexive abilities because we're about to go deep. Let me explain. In this book we will: Find questions that will instigate massive self-reflection. Write to see yourself from your eyes and the eyes of others. Narrate short stories about the values, beliefs, and concepts we hold closest to our hearts. Write away problems, difficulties and all kinds of negativity. Let go, forgive, and forget. Write to attract happiness, gratitude, and bliss into our lives. Write our future(s) and understand our past. And much, much more! Who is this book for? Students, corporate folk, and just about everyone else with a hunger for creativity. Scribes of all kinds looking to improve their penmanship. Writers in need of a creativity pill. Pursuers of the truth and other new age spirituality junkies (I know who you are, I am one too!). Anyone who gets excited at the sight of a pen and a blank piece of paper. Get this book today at a special new release discount! You're one click away from an amazing writing journey!

Ranging from suggestions for the care of musical instruments to maintaining home safety, a celebration of and guide to the finer points of home-keeping offers a contemporary, creative, and positive take on a traditional subject

A Boy's Journal for Discovering and Sharing Excellence

Prompts and Practices to Stay Calm, Present, and Connected

Kids Writing Prompt Journal 1st Grade Edition

1200 Creative Writing Prompts

Self Discovery Journal Questions for Men

Grief Journal Prompts

Bringing the World Wide Web to Its Full Potential

Stay calm and cool no matter what—a mindfulness journal Being a teenager can be tough—schoolwork, social media, life in general. Mindfulness can help. The Mindfulness Journal for Teens gives you a toolbox of helpful techniques—simple breathing exercises, easy meditations, and lots and lots of journal prompts to help you de-stress and live in the moment. This journal is a safe space where you can write your thoughts and bring mindfulness into your daily routine. By spending just a few minutes with it every day, you can make your life calmer, more focused, and overall easier. This journal includes: Teen survival skills—The prompts help you deal with common issues like relationships with family and friends, school, and self-esteem. Short and sweet—Apply simple mindfulness exercises like power posing, mindful eating, and mindful walking to help you stay present. Keep your head up—Use inspirational quotes to deepen your understanding and face your fears. Find out how to stay present in the moment with guided writing prompts in this helpful mindfulness journal.

Self discovery journal: questions to find who you are in 100 writing prompts to increase self esteem and boost self improvement. this book will let you be mindful of your career, your dreams, your character, and others.

200 Prayer Prompts has powerful potential to help shape and grow your prayer life. With page after page of thought-provoking journal prompts, including: Does prayer really make a difference? . . . How has prayer impacted your life? . . . What does it mean to "enter God's presence"? . . . Do you believe God always answers prayer? . . . Has God ever answered your prayers in unexpected ways? . . . This unique journal will not only encourage you to think deeply on the subject of prayer, it will also challenge you to be more intentional as you share what's on your heart with the One who hears your every prayer.

Build a better relationship with your kids through mindfulness Life with kids gets chaotic sometimes. You can't avoid it, but with mindfulness, you can practice simple ways to stay calm and work through moments of stress. This mindful parenting journal encourages parents to build mindfulness into their habits and routines with their kids. Through writing prompts and exercises, you'll practice creating empathy, honest communication, and understanding for both you and your child. Discover the power of mindful parenting: insightful topics—Focused on everything from gratitude to staying cool in a crisis, these mindful parenting journal prompts help you appreciate the little moments and manage the tough times. Thoughtful writing—See how reflecting on your thoughts and reactions helps you engage with your kids from a place of compassion, and defines your values and priorities. Support and challenge—The mindful parenting exercises in this journal are designed to encourage and support you as a parent but also challenge your thoughts and behaviors to see if they serve your goals for your family. Stay connected to your kids with journal prompts that help you remain mindful, present, and curious.

642 Things to Write About Me

Making Sense, Making Peace and Moving on

A Year of Weekly Journaling Inspiration

A Writing Prompts Journal for Self Discovery

Writing Your Journal Article in Twelve Weeks

365 Creative Writing Prompts

Free Anxiety

Have you ever walked into a hotel room and wondered who stayed there through the years and what took place before you entered? In her debut short story collection, Merle Saferstein captures the essence of the famed Hollywood Beach Hotel and brings to life the characters that have crossed the threshold of Room 732. Set against the backdrop of Florida's Atlantic Ocean, Room 732 reflects the hotel's transformation from an elegant getaway during the '20s and '30s to a U. S. Navy training and indoctrination center during World War II. After the war, the upscale hotel re-opened. Then, in 1971, Florida Bible College moved in, followed by timeshares and condos. More recently, the ever-changing edifice was restored to the vacation resort it was originally intended to be. Woven through intimate letters, journal entries, and private conversations, each story explores the threads of connection, communication, and life experiences and echoes the culture of the times. Breathing life into the walls of Room 732, the characters experience a range of emotions as they live with the effects of war, the joy of discovering faith, the death of a loved one, the challenges of marriage, and the intimacy in relationships.You will meet two strangers who become friends, a seasoned Naval officer who is preparing sailors for war, and a young married woman who explores her innermost thoughts. You also will encounter a divorced father who is spending time with his daughter after a long absence, two cousins who have come to the hotel on a special mission, and many other individuals who have stories to tell.

From the team that brought you The Obstacle Is the Way and Ego Is the Enemy, a beautiful daily devotional of Stoic meditations—an instant Wall Street Journal and USA Today Bestseller. Why have history's greatest minds—from George Washington to Frederick the Great to Ralph Waldo Emerson, along with today's top performers from Super Bowl-winning football coaches to CEOs and celebrities—embraced the wisdom of the ancient Stoics? Because they realize that the most valuable wisdom is timeless and that philosophy is for living a better life, not a classroom exercise. The Daily Stoic offers 366 days of Stoic insights and exercises, featuring all-new translations from the Emperor Marcus Aurelius, the playwright Seneca, or slave-turned-philosopher Epictetus, as well as lesser-known luminaries like Zeno, Cleanthes, and Musonius Rufus. Every day of the year you'll find one of their pithy, powerful quotations, as well as historical anecdotes, provocative commentary, and a helpful glossary of Greek terms. By following these teachings over the course of a year (and, indeed, for years to come) you'll find the serenity, self-knowledge, and resilience you need to live well.

Simple but powerful, Journal Buddies is no ordinary journal. It is an invitation to experience a journaling adventure and to expand creativity and express feelings. It is an opportunity to strengthen self-esteem, build healthy relationships and create a positive outlook on life. It is a unique journal created with the help of important people in life, such as friends, parents, teachers, family members, etc.

Mindfulness Journal for Parents

Over 1000 motifs, alphabets and icons to personalize your bullet or dot journal

Journal with Purpose

Let It Out

Writing Prompts

An Easy & Proven Way to Build Good Habits & Break Bad Ones

366 Meditations on Wisdom, Perseverance, and the Art of Living

A Submissive Journey addresses several areas of thought and contemplation as you apply to service and servants. Broken into months and weeks, A Submissive Journey will ask you to define terms, consider issues of general service and power exchange, assess yourself and your service, and respond to quotes about service and servitude. If you're ready for the journey, open this book, write your purpose and commitment statements and get started down your own path.

Create 52 lists, one for every week of the year, that will help you discover the beauty, joy, creativity, and power you already have! The 52 Lists Project is a gorgeous journal for list lovers, based on the popular blog series by Moorea Seal. This beautiful undated journal of weekly lists will help nurture self-expression and self-development. Each seasonal section includes list prompts, with plenty of space to write your own lists, and challenges to help you take action and make your dreams a reality. With perfectly timed prompts that meet you where you are throughout the year, each season, this journal will open up new avenues of self-knowledge and help you celebrate, enjoy, and take ownership of your life, as each week of the year becomes more thoughtful and vibrant.

The #1 New York Times bestseller. Over 4 million copies sold! Tiny Changes, Remarkable Results No matter your goals, Atomic Habits offers a proven framework for improving—every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to:
• make time for new habits (even when life gets crazy);
• overcome a lack of motivation and willpower;
• design your environment to make success easier;
• get back on track when you fall off course; ...and much more. Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits—whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

"A comprehensive, well-written and beautifully organized book on publishing articles in the humanities and social sciences that will refine its readers write forward with a first-rate guide as good company." - Joan Bolker, author of Writing Your Dissertation in Fifteen Minutes a Day
"Humorous, direct, authentic ... a seamless weave of experience, anecdote, and research." - Kathleen McHugh, professor and director of the UCLA Center for the Study of Women
Wendy Laura Belcher's Writing Your Journal Article in Twelve Weeks: A Guide to Academic Publishing Success is a revolutionary approach to enabling academic authors to overcome their anxieties and produce the publications that are essential to succeeding in their fields. Each week, readers learn a particular feature of strong articles and work on revising theirs accordingly. At the end of twelve weeks, they send their article to a journal. This invaluable resource is the only guide that focuses specifically on publishing humanities and social science journal articles.

Power Pack

Soul Journal

Grieving Your Pet

The Writing Prompt Journal

A Creative Self-Discovery Guide

Self Discovery Journal

Burn After Writing Teen

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 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.

What's your journey of becoming? Based on Michelle Obama's bestselling memoir, this gorgeous journal features an intimate and inspiring introduction by the former First Lady and thought-provoking questions and prompts to help you discover and rediscover-your story. It's not about being perfect. It's not about where you get yourself in the end. There's power in allowing yourself to be known and heard, in owning your unique story, in using your authentic voice. And there's grace in being willing to know and hear others. This, for me, is how we become.' - Michelle Obama in publishing Becoming, a work of deep reflection and mesmerizing storytelling, Michelle Obama shared her own extraordinary journey to help create space for others to tell their stories, to give people the courage to discover the power of their own voice, and to widen the pathway for who belongs and why. This guided journal presents inspiring questions and quotes from the book to help you reflect on your personal and family history, your goals, challenges, and dreams, what moves you and brings you hope, and what future you imagine for yourself and your community. Above all, these pages help you capture your own voice and journey so you can nurture your sense of belonging.

BEST GIFT IDEA 2018 - SPECIAL PRICE- Normally \$16.95 (WHILE STOCKS LAST) Creative Writing Prompts Are you ready for new challenges guaranteed to help you improve your creativity, writing and conceptual skills in just a few short hours? With 365 creative writing prompts, you can. Remove yourself from your comfort zone, and start to explore the uncharted paths to finding new and improved writing styles to benefit you. 365 creative writing prompts is guaranteed to be the perfect writing companion. New Creative Writing Prompts

When you lose a pet the depth of the loss is often overlooked. We may feel that we need to mask the pain and hide everything behind a smile. The truth is losing a pet really hurts. Pets are often in our lives for years and become a part of our family. For some a pet may be the only family you have. This writing prompt book has one prompt a day for forty days to help you creatively express the grief you have in losing your pet.

Creative Writing Prompts Workbook for Kids: Practice Writing Fiction and Journal Prompts Book for Children Grade 1,2,3,4. It Is the Most Useful Notebo

Deluxe Edition

Remembering Your Loved One Through Journaling

Companion for Class Town - Creative Journal Prompts

The Mindfulness Journal for Teens

The Daily Stoic

Atomic Habits

Elegantly repackaged, The Morning Pages Journal is one of The Artist's Way's most effective tools for cultivating creativity, personal growth, and change. Now more compact and featuring spiral binding to make for easier use, these Morning Pages invite you to do three pages daily of longhand writing, strictly stream-of-consciousness, which provoke, clarify, comfort, cajole, prioritize, and synchronize the day at hand. This daily writing, coupled with the twelve-week program outlined in The Artist's Way, will help you discover and recover your personal creativity, artistic confidence, and productivity. The Artist's Way Morning Pages Journal includes an introduction by Julia Cameron, complete instructions on how to use the Morning Pages and benefit fully from their daily use, and inspiring quotations that will guide you through the process.

Journal with Purpose is the ultimate reference for journaling, packed with over 1000 motifs that you can use to decorate and enhance your bullet or dot journal pages. Copy or trace direct from the page, or follow one of the quick exercises to improve your skills. Featuring all of the journal elements you could wish for – banners, arrows, dividers, scrolls, icons, borders and alphabets – this amazing value book will be a constant source of inspiration for journaling and an 'instant fix' for people who find the more artistic side of journaling a challenge.

You didn't arrive here by accident. It's time to unearth your inner wisdom. It's time to remember that you are already whole; everything you need is already within you. This guided journal - with 124 prompts for daily reflection - will lead you through the rich, fertile grounds of your soul. It is there where you will find the answers for limitless self-expression and discovery as you reflect on who you really are, what your beliefs and desires are, your values, and so much more. Published in three volumes, this unique collection of journals provides you with the opportunity to explore and write through the changes in your life over the course of an entire year. As you notice the patterns and synchronicities in your life, it will become clear that you are your best teacher. Write your story. Breathe. Remember who you are.

AN INSPIRATION MAGNET TO SKYROCKET SELF-ESTEEM This Self-Discovery Journal provides more than 200 thoroughly unique & enjoyable writing prompts. Skrocket your self-esteem, develop your creativity and explore all area's of life: Writing Prompts about your love life, Writing Prompts to better deal with social anxiety's Writing Prompts for finding empowering strategies to deal with worries, stress and failures. And much, much more CREATIVE WRITING AT YOUR OWN PACE FOR MAXIMUM BENEFIT This beautifully designed writing prompts journal, can be used at your own pace to give you the maximum benefit. Furthermore, there are wisdom quotes throughout this writing prompt journal to motivate you when you feel a lack of inspiration. Discover your best-self now & scroll up to buy your own Writing Prompts Journal. Zen Journaling Method The writing prompts in this Self Discovery journal are designed as writing prompts for adults, but are also fit as writing prompts for teens. Given the nature of the writing prompts, this journal also perfectly fits as a self-esteem workbook. Furthermore, this Daily Journal for Women & Men is perfectly compatible with other self help books or self help methods. It's both a journal to write in for women and a journal to write in for men. 21 Exercises has also created other self-help journals, including writing prompts journals (creative writing prompts) and 90-Days Self-Discovery Journals to write in for women & men. To get the most benefit out of The Writing Prompt Journal it's advisable to set out a particular Zen Journaling time each day (5 to 10 minutes). For example, in the morning or before you go to bed.

Shiloh

200 Prayer Prompts

A Submissive Journey: Journal Prompts To Keep You Focused And Help You Find Your Path

Becoming

Questions to Find who You are in 100 Writing Prompts to Increase Self Esteem and Boost Self Improvement

The Art and Science of Keeping House

365 Journal Writing Ideas

Each ready-to-use Prestwick PowerPack is full of reproducible, skills-based activities created especially for students in grades 5-8. From identifying and writing figurative language to seeing the world through the eyes of a character, your students will

Grief Journal Prompts is a journal with writing prompts to help you remember your loved one. Grieving is a process and sometimes writing and journaling can help with the healing process and is a creative way to keep the memory of your loved one alive.

"How to Heal a Bad Birth" is for women (and their partners) who have experienced a challenging birth, and want to gain understanding and clarity about 'what happened', and why they feel so bad...and move on. Written by the co-founders of Birthtalk.org(tm), this book is a straightforward guide to make sense, make peace and move on... whether to a much better birth, or just back to your family, feeling more complete and at peace.

**Journal Your Way to Creativity and Confidence Journal away from anxiety and towards confidence through the power of creative writing and mind-body practices. Equal parts self-esteem workbook, adult activity book, and mindfulness journal, this indispensable guide calls all creatives to calm down and improve artistic confidence. Anxiety relief for creatives. Do you want to live a more creative life? Are you tired of the voice inside your head saying "you're not good enough," "you're not creative enough," blah blah blah? It's easier to be a critic than a creator, so what happens when both the anxious critic and the ambitious creator reside inside your brain? Unlike other guided journals out there, Overcoming Creative Anxiety shares unique journal prompts and practices that will help you get to know both your inner critic and your inner creator. Banish stress, foster self-care, and improve self-confidence. There's constructive criticism, and then there's crippling criticism. To many creatives, self-doubt and perfectionistic tendencies only aggravate artist block. So what do we do when anxiety causes creativity to come to a halt? Here, author Karen C.L. Anderson provides journal prompts that simultaneously stimulate your inner creator and provide much needed anxiety relief for your inner critic. Whether journaling for self-care or in search of stress relief, in Overcoming Creative Anxiety: Journal Prompts & Practices for Disarming Your Inner Critic & Allowing Creativity to Flow you will:
• Understand creativity and artistry in a whole new way
• Meet, get to know, and change your relationship with your inner critic(s)
• Learn practices to calm your anxiety and discover ways to harness your emotions If you enjoy activity books for adults or found books like Tiny Buddha's Worry Journal, The Self Confidence Workbook, Calm the Fck Down, or The Artist's Journey helpful, you'll enjoy Overcoming Creative Anxiety.**

A Guide to Academic Publishing Success

The Artist's Way Morning Pages Journal

Self Discovery Journal for Men: 121 Thought Provoking Questions

Writing

Prompts and Practices to Help You Stay Cool, Calm, and Present

Journal Buddies

A Journal for Self-Exploration

This book about dealing with anxiety is written in a conversational way that includes swearing.

#1 NEW YORK TIMES, WALL STREET JOURNAL, AND BOSTON GLOBE BESTSELLER • One of the most acclaimed books of our time: an unforgettable memoir about a young woman who, kept out of school, leaves her survivalist family and goes on to earn a PhD from Cambridge University "Extraordinary . . . an act of courage and self-invention."—The New York Times NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY THE NEW YORK TIMES BOOK REVIEW • ONE OF PRESIDENT BARACK OBAMA'S FAVORITE BOOKS OF THE YEAR • BILL GATE'S HOLIDAY READING LIST • FINALIST: National Book Critics Circle's Award In Autobiography and John Leonard Prize For Best First Book • PEN/Jean Stein Book Award • Los Angeles Times Book Prize Born to survivalists in the mountains of Idaho, Tara Westover was seventeen the first time she set foot in a classroom. Her family was so isolated from mainstream society that there was no one to ensure the children received an education, and no one to intervene when one of Tara's older brothers became violent. When another brother got himself into college, Tara decided to try a new kind of life. Her quest for knowledge transformed her, taking her over oceans and across continents, to Harvard and to Cambridge University. Only then would she wonder if she'd traveled too far, if there was still a way home. "Beautiful and propulsive . . . Despite the singularity of [Westover's] childhood, the questions her book poses are universal: How much of ourselves should we give to those we love? And how much must we betray them to grow up?"—Vogue NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Washington Post • O: The Oprah Magazine • Time • NPR • Good Morning America • San Francisco Chronicle • The Guardian • The Economist • Financial Times • Newsday • New York Post • theSkimm • Refinery29 • Bloomberg • Self • Real Simple • Town & Country • Bustle • Paste • Publishers Weekly • Library Journal • LibraryReads • Book Riot • Pamela Paul, KQED • New York Public Library

Do you want to start writing a journal but don't know where to start? Do you want to write a diary but don't know what to write? Don't worry, this "Journal for Men" has 121 thought provoking questions that you can answer. These questions are sure to make you think about who you are and where you are heading. Why not spend a few minutes a day pondering over these questions and writing some of your thoughts down. You don't need to start from the very first page or the question, just choose a random question and start writing. Here are some of the benefits of writing a journal It gives you a power of perspective. Discover yourself through writing. Sometimes it's so much easier if it's written down. It helps to reflect on the things you have done and things you need to do in the future. Writing a journal helps clear your thoughts and feelings. Lots of problems are solved when they are written down. It will help you improve yourself. Clarify your thoughts and feelings. Help you to be more confident. Rather than letting emotions being bottled up, it comes out on paper and helps you to be happier in yourself. Helps you spend your free time doing something creative rather than sitting in front of the idiot box. Relax, listen to music and write your thoughts down and be yourself. Writing about emotions in an abstract sense has a calming effect. Know yourself better. It will help you reduce stress. Sometimes strong emotions such as anger or sadness can be very painful and writing will help you overcome those emotional distresses. Those who write can recover traumatic events more quickly than those who don't. Writing helps boost the immune system. In a study conducted by Professor James Pennebaker (University of Texas in Austin) showed that those who wrote for 20 minutes a day had less visits to the doctor compared to those who didn't. For Men: Just because you are a man does not mean you can't write a journal. Men too have feelings, they too have fears, and they too have desires that need to be expressed. This "Journal For Men" has a set of questions that you can write and help discover yourself. This diary will put on your way to self discovery.

Home Comforts

Spinning the Semantic Web

Class Town - Student Journal

Remembering the Pet You Love Through Journal Prompts

Journal Prompts & Practices for Disarming Your Inner Critic & Allowing Creativity to Flow

A Year of Daily Journal Writing Prompts, Questions & Actions to Fill Your

Start Where You Are