

The book was found

Dream Journal Notebook: Sweet Dreams Over Midnight, Lined Journal, 6 X 9, 150 Pages, Write And Draw, Dream Time Interpretation And Mood



Synopsis

Dream Journal Notebook: 6 x 9, 150 Pages For for dream guidance and daily/nightly dream interpretation. Your #1 Journal for writing your nightly dreams with spaces to write and draw the dream meanings and dream moods. Let this be your personal dream bible or dream dictionary for your most inner thoughts from the depths of your subconscious. 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. Order this dream journal now 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 Journal Daily Book by The Blank Book M.D. Wholesale: This Journal notebook can be purchased wholesale by retailers and academic institutions located in the USA. Youâ™ll need to sign up online for a Createspace Direct Resellers here: <https://www.createspace.com/pub/l/createspacedirect.do>. Manufactured & Designed in the USA -The Blank Book MD

Book Information

Paperback: 150 pages

Publisher: CreateSpace Independent Publishing Platform; Jou edition (February 5, 2016)

Language: English

ISBN-10: 1523879874

ISBN-13: 978-1523879878

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 9.9 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (1 customer review)

Best Sellers Rank: #1,921,636 in Books (See Top 100 in Books) #443 inÂ Books > Self-Help >

Journal Writing #7855 inÂ Books > Reference > Writing, Research & Publishing Guides > Writing > Fiction #30763 inÂ Books > Health, Fitness & Dieting > Mental Health

Customer Reviews

Been using this book every morning, I like the way the book is laid out with space to record your dreams.

[Download to continue reading...](#)

Dream Journal Notebook: Sweet Dreams Over Midnight,Lined Journal, 6 x 9, 150 Pages, Write and Draw, Dream Time interpretation and Mood Chalkboard Journal - Be Still & Know: 100 page 6" x 9" Ruled Notebook: Inspirational Journal, Blank Notebook, Blank Journal, Lined Notebook, Blank Diary (Chalkboard Notebook Journals) (Volume 3) Chalkboard Journal - Be Still & Know (Yellow): 100 page 6" x 9" Ruled Notebook: Inspirational Journal, Blank Notebook, Blank Journal, Lined Notebook, ... Journals - Yellow Collection) (Volume 3) Journal Daily: inside Tree Design, Lined Blank Journal Book, 150 Pages,6" x 9" (15.24 x 22.86 cm),blank journal pages, writing journal Dreams: Discover the Meaning of Your Dreams and How to Dream What You Want - Dream Interpretation, Lucid Dreaming, and Dream Psychology (+BONUS) (Dream Analysis, Dream Meanings, Lucid Dream) GM&Co: Notebook Journal Dot-Grid, Lined, Graph, 120 pages 5.5"x8.5" (Wild Flowers Floral Notebook) (Volume 5) Alice in Wonderland Chalkboard Journal - We're All Mad Here: 100 page 6" x 9" Ruled Notebook: Inspirational Journal, Blank Notebook, Blank Journal, ... Chalkboard Notebook Journals) (Volume 5) Journal Daily: British flag 1776, Lined Blank Journal Book, 6 x 9, 200 Pages,notebook, for writing 50 Month-by-Month Draw & Write Prompts: Engaging Reproducibles That Invite Young Learners To Draw & Then Write About Topics They Love…All Year Round! Dreams: Interpreting Your Dreams and How to Dream Your Desires- Lucid Dreaming, Visions and Dream Interpretation (Dreams, Lucid dreaming, Visions,) Journal Book: London Calling, Lined Blank Journal Book, 6 x 9, 150 Pages Journal Your Life's Journey: Tree Vector Journal, Lined Journal, 6 x 9, 100 Pages Journal Your Life's Journey: Water Color Paint Journal, Lined Journal, 6 x 9, 100 Pages GM&Co: Notebook Journal Dot-Grid, Lined, Graph, 120 pages 5.5"x8.5": Tropical Jungle Dreams: Lucid Dreaming - Lucid Dreams - New Age Dreams: A Beginner's Guide Book on How to Become Conscious in Your Dreams: Dream and Sleep, Volume 2 Dreams: Interpreting Your Dreams and How To Dream Your Desires- Lucid Dreaming, Visions and Dream Interpretation Journal Your Life's Journey: Grass and Poppy, Lined Journal, 6 x 9, 100 Pages Journal Your Life's Journey: Silhouette Of Tree And Rhino, Lined Journal, 6 x 9, 100 Pages Journal Your Life's Journey: Hustle Sold Separately, Lined Journal, 6 x 9, 100 Pages Journal Your Life's Journey:

Black Torn Paper Dragon, Lined Journal, 6 x 9, 100 Pages

[Dmca](#)