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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

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Customer Reviews

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

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