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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

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you feel the difference between the past and the present and it gives you hope for the future.

Inventive, hilarious and joyously colorful, this fill-in journal was designed to help kids capture nearly everything that's uniquely rad about them. With design-savvy, yet completely kid-friendly illustrations, they're asked to draw or write about a bunch of interesting things -- like what their hair looks like, what their band name would be, what they'd bring to outer space, and how they feel about lightning, lizards and pickles. There may or may not be a place for super-secret stuff inside the book jacket. Whether kids complete their entire compendium on a rainy day, or finish it over a year, it'll become a treasure to look back on and smile. Ideal for the holidays, rainy days and happy occasions of all kinds, this is an imagination-building gift will engage kids for hours on end

An illustrated and guided journal for children.

This elegant pregnancy journal takes you through nine months of pregnancy with prompts to record all of your special moments and create a keepsake to one day give to your child. Best-selling author and illustrator Korie Herold poured over every page, adding artistic details and flourishes to create the perfect keepsake pregnancy memory book. Growing You includes: - Pregnancy milestones - Pocket folder for sonogram photos, letters from loved ones, and other mementos - Prompts to record precious pregnancy milestones - Space to journal through the months of your pregnancy - And more Special Features: - Chic, gender-neutral design - Elegant linen cover - Acid-free and archival

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paper. Generous trim size offers ample space for photos - Lay-flat design allows you to easily write in the book

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Workbook, The 52 Lists Project: A Year of Weekly Journaling Inspiration, or The High Performance Planner, then you'll love owning The 7 Habits of Highly Effective People 30th Anniversary Guided Journal.

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

This highly illustrated, step-by-step guide gives detailed instructions for dozens of different manipulation techniques, covering all levels of the spine, thorax, and pelvis. It also includes a helpful overview of the principles and theory of spinal manipulation and its use in clinical practice. The accompanying DVD contains video clips demonstrating the techniques described in the book. The new edition is a highly illustrated, step-by-step guide to 41 manipulation techniques commonly used in clinical practice. The book also provides the related theory essential for safe and effective use of manipulation techniques.

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1. focus on details
2. Think logically.
3. Be creative
4. Learn to draw
5. Explore and study nature
6. Pay attention
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