

LEUCHTTURM1917 344798 Notebook Medium (A5), 249 Numbered Pages, Ruled, Citron

This guided journal will help you cultivate gratitude through the exercise of mindfulness and journaling. Gratitude: A Day and Night Reflection Journal will help you center your day around positive feelings and gratitude. It ' s the perfect place to record and celebrate anything that you are grateful for and to preserve important memories. This 90-day journal gives you a path to creating a habit of daily gratitude that you can carry with you throughout your life. Cultivating gratitude is one of the most potent and important mindfulness exercises, and thankfulness has proven to have a positive effect on a person's mental health and general well-being. Each page of the journal includes space to record expressions of gratitude, personal affirmations, memories of positive interactions, and commentaries on the significance of it all. The journal is intended for those who want to foster deep reflection as well as for those who simply want to discover the effects of thankfulness. Having filled the journal with statements of gratitude, you will end up with a personal trove of wonderful reflections, which can be a source of positive inspiration at any time. The journal ' s 184 lined, acid-free pages made from archival paper take both pen and pencil nicely, and the back pocket is perfect for holding mementos.

Make Each Day Your Masterpiece Write Now Journal Compendium
Publishing & Communications

The Annual Review and History of Literature

Thank U, Next Ariana Grande Lyric Notebook Journal Diary 100 Page
Color Acadia

(Instructional). A continuation of Basic Rhythmic Training , this collection of progressive rhythmic drills is designed to increase a music student's proficiency in executing and understanding Rhythm. The exercises begin very simply and proceed to more complex meters, beat divisions and polyrhythms. The book can be used as a supplement to any method, or as a drill book for the musician who wishes to solidify and expand his/her rhythmic abilities.

Includes Part 1A, Number 1: Books (January - June) and Part 1B, Number 1: Pamphlets, Serials and Contributions to Periodicals (January - June)

Rhythmic Training

Catalog of Copyright Entries. Third Series

Student's Work Book

Ideal for bullet journaling! Dot matrix or dot-grid pages are the preferred alternative to traditional ruled or graph pages. Dot matrix pages are ideal for planning, designing, creating charts and graphs, and sketching, as well as for bullet journaling and other dynamic note-taking methods. High-performing notebooks feature 25 percent heavier paper stock than other

leading brands. 100-gsm acid-free/archival paper preserves your work. Inside back cover pocket holds notes, business cards, etc. Elastic band attached to back cover keeps journal closed. Ribbon bookmark keeps your place. Durable hardcover binding. Removable label. Notebook is a classic A5 size (5-3/4 inches by 8-1/4 inches). 192 dot-grid pages.

The Second Edition of Alfred's Group Piano for Adults Book 1, includes updates inspired by numerous recommendations from group piano teachers and students. This book includes a CD-ROM containing both Audio and General MIDI Files of the 500+ accompaniments included in the text, each with an interesting and engaging arrangement coupled with the piano part. Designed for collegiate non-keyboard music majors with little or no keyboard experience, the easy-to-use text contains 26 units, each intended to be covered in one week, thus fulfilling two semesters or three quarters of study. Theory, technique, sight-reading, repertoire, harmonization, improvisation, and ensemble activities are taught thoroughly and consistently throughout the text. The comb binding creates a lay-flat book that is perfect for study and performance. Book 1 is 360 pages. Selected sight-reading examples from this book are available in the Piano Maestro app that's downloadable at Piano Maestro. Learn more about JoyTunes, the maker of Piano Maestro at JoyTunes.

Make Each Day Your Masterpiece

1953: January-June

Write Now Journal

A coloring book. All images are of Acadia National Park on Mt Desert Island Maine.ages 12 - up

Ever wondered what Lembas Bread, Cram, or Beorn's Honey Cakes might taste like? From Crickhollow Apple Loaf, Pippin's Minas Tirith Lunch, and Brandywine Fish Pie to Dwarven Spiced Pickled Beetroot, Westfarthing Fairings, and Beorn's Twice-Baked Cakes, Recipes from the World of Tolkien includes over 75 mouth-watering recipes that will take you on a journey through Middle-earth, delivering a treat for your taste buds and your imagination. Immerse yourself in Tolkien's epic fantasy world with recipes inspired by its places and characters. Whether it's breakfast or second breakfast, elevenses or afternoon tea, lunch or dinner - cook up a feast fit for orcs and elves alike. This collection of delicious recipes also features stunning illustrations and artwork throughout, as well as short feature essays that explore the compelling role of food in Tolkien's works. This is the perfect, must-have addition to any Tolkien fan's bookshelf. This work is unofficial and is not authorized by the Tolkien Estate or HarperCollins Publishers.

Alfred's Group Piano for Adults Student Book 1

Inspired by the Legends

Wide Staff Manuscript Paper Red Cover

This exciting new line of hard-cover journals showcases gorgeous illustrations from the Bodleian Library's collections. Designed to be easily portable and fit in a small bag, each journal includes lined pages, an expanding wallet for storing papers in the inside back cover and is finished with a sturdy elastic band closure, ribbon marker, and elastic pen holder. Produced with careful attention to finishing and details, these stunning journals make the perfect gift for all writers and stationery lovers.

This is the perfect journal for wanderers, travelers, and people who live to see the world. This distinctive journal makes a statement with bold sentiments, modern typography, and artwork by

a contemporary designer. Pages feature periodic typeset quotations enhanced with striking designs, and theres lots of space for capturing the days thoughts, musings, and prose.

Tolkien - Smaug Journal

Harry Potter: Slytherin Ruled Notebook

I Take to the Open Road

Ariana Grande Notebook : Great Notebook for School or as a Diary, Lined With 100
Pages, Journal, Notes for girls

Record your own magical adventures with this Harry Potter: The Deathly Hallows
Ruled Notebook. This finely crafted notebook—one of six Harry Potter notebooks
designed to display the gorgeous concept art created for the Harry Potter films
featuring fan-favorite locations such as Hogwarts School of Witchcraft and Wizardry.
Fans can choose among the six notebooks—Gryffindor, Slytherin, Hufflepuff,
Ravenclaw, Hogwarts, and Deathly Hallows—or collect them all. This new addition to
Insight Editions' best-selling Harry Potter stationery line adapts the design of our
deluxe hardcover ruled journal in a new softcover format. Featuring a flexible
leatherette cover and 128 lined, acid-free pages of high-quality, heavy stock paper,
Harry Potter: The Deathly Hallows Ruled Notebook takes both pen and pencil nicely to
encourage inspiration, inviting fans to record their thoughts and chronicle their
adventures.

Harry Potter: The Deathly Hallows Ruled Notebook

Esstentials Large Black Dot Matrix Notebook

A Day and Night Reflection Journal (90 Days)

There are people who have a special way of raising our spirits simply by being present.
They stand up for others and do the right thing not for fame or acclaim, but to be good
friends, good neighbors, good people. This gift book is for them. With a combination of
thoughtful quotes and statements, Heres to You is a heartfelt way to recognize
someone amazing.

32-page stitched book; large 6 staves per page; 8 1/2" x 8 1/2"; Music Notation Guide.

Gratitude

Recipes from the World of Tolkien

An Innovative Method Enhanced With Audio and MIDI Files for Practice and
Performance

Show your Slytherin house pride by recording your magical adventures in this Harry
Potter: Slytherin Ruled Notebook. This finely crafted notebook—one of six Harry
Potter notebooks—is designed to display the gorgeous concept art created for the
Harry Potter films, featuring fan-favorite locations such as Hogwarts School of
Witchcraft and Wizardry. Fans can choose among the six notebooks—Gryffindor,
Slytherin, Hufflepuff, Ravenclaw, Hogwarts, and the Deathly Hallows—or collect them
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adapts the design of our deluxe hardcover ruled journal in a new softcover format.
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ALFRED'S Group Piano FOR ADULTS