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*Printable
Journal
Prompts*

Janet Burroway's
bestselling
Imaginative
Writing: The
Elements of Craft
explores the craft

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of creative writing
in four genres:
Fiction, Poetry,
Drama, and
Creative
Nonfiction. A
trade author as
well as a
professor of
creative writing,
Burroway brings
her years of
teaching and

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writing to this book. "Try-This" exercises appear throughout each chapter.

Provocative and fun, these exercises help writers develop the specific writing skills discussed within the text. "Working

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toward a draft ”
exercises
encourage writers
to develop their
ideas into
complete drafts.
In response to
reviewer
requests, the
preface “ Invitation
to the Writer ” has
been expanded
into a full chapter.

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This new chapter introduces writers to important skills such as reading like a writer, journaling, and participating in the writer's workshop. This book offers lots of ideas and encouragement at a great price!

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It was the perfect summer. That is, until Jeremy Ross moved into the house down the street and became neighborhood enemy number one. Luckily Dad had a surefire way to get rid of enemies: Enemy Pie. But part of

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the secret recipe is spending an entire day playing with the enemy! In this funny yet endearing story, one little boy learns an effective recipes for turning your best enemy into your best friend.

Accompanied by

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charming

illustrations,

Enemy Pie serves

up a sweet lesson

in the difficulties

and ultimate

rewards of making

new friends.

Every Toddler

has moments

where it's clear

they think their

Mom (or

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Caregiver) is THE WORST! We make them wear underwear, we make them take baths, we squeeze them so tightly they can't get away. This story is parenting from a child's perspective, with an inside joke for

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parents

highlighted within
the text. What we

do in love,

children often

perceive

differently in their
imaginations. So

who is right, the

Mama or the

Munchkin? This

loving and slightly

sarcastic

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children's tale will make your little ones feel heard, while giving the parent a good laugh. It makes a perfect gift for yourself (on a rough parenting day) or for a friend who's in this life stage. For a Limited Time:

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Purchase the
paperback copy
and get the Kindle
ebook FREE!

A tour de force
from acclaimed
author Alan Gratz
(Prisoner
B-3087), this
timely -- and
timeless -- novel
tells the powerful
story of three

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different children seeking refuge. A New York Times bestseller! JOSEF is a Jewish boy living in 1930s Nazi Germany. With the threat of concentration camps looming, he and his family board a ship bound for the

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other side of the world . . . ISABEL is a Cuban girl in 1994. With riots and unrest plaguing her country, she and her family set out on a raft, hoping to find safety in America . . .

.MAHMOUD is a Syrian boy in

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2015. With his homeland torn apart by violence and destruction, he and his family begin a long trek toward Europe . . . All three kids go on harrowing journeys in search of refuge. All will face unimaginable dangers -- from

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drownings to
bombings to
betrayals. But
there is always
the hope of
tomorrow. And
although Josef,
Isabel, and
Mahmoud are
separated by
continents and
decades, shocking
connections will

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tie their stories together in the end. This action-packed novel tackles topics both timely and timeless: courage, survival, and the quest for home. Writing, Grade 2 Writing Prompts for Depression and Anxiety a 100

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Day Journal to
Ease Depression
and Anxiety
Find Freedom
from Alcohol
Forever - Quit
Drinking & Start
Living!

The Inner Child
Journal

Journal Buddies
Prompted Journal

501 Writing

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An activity and comic book for boys allowing them to fill in the bubbles and complete the stories from their own lives.

Whether you are the caregiver or the patient,

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*the what-if's
of the waiting
room can feel
terrifying, and
the wait can
feel agonizing.
Cancer, tumor,
stroke,
traumatic
injury, or
major surgery—a
health crisis
of any kind*

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*involves
waiting. This
waiting arouses
many emotions:
fear,
uncertainty,
sorrow, agony,
and anger among
them. In this
devotional for
caregivers and
patients,*
Elizabeth

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Reynolds

Turnage reminds us of the certain hope and surpassing peace of the gospel: God has worked miraculous deeds and redemptive wonders in the past, and Jesus

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*will “soon”
come again to
end our wait,
and to bring
full and final
healing. These
sixty
meditations for
peace and hope
will encourage
you as you
wait. “This
brilliant book*

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Prompts

*is a tender
gift of the
presence of God
for those
caught in the
deep woods of
medical
uncertainty.
Elizabeth
Turnage offers
a wisdom that
has been hard
won, meets the*

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*test of the
gospel, and is
beautifully and
brilliantly
written. Dan B.
Allender PhD
Professor of
Counseling
Psychology and
Founding
President The
Seattle School
of Theology and*

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Psychology

"Elizabeth

*meets us in the
waiting room as
an empathetic
friend*

reminding us

what is true in

His Word and

urging us to

listen to the

refreshing

lyrics of the

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gospel.” Karen

Hodge

Coordinator of

Women’s

Ministries

Presbyterian

Church in

America (PCA)

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PRICE– Normally

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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

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*hours? With 365
creative
writing
prompts, you
can. Remove
yourself from
your comfort
zone, and start
to explore the
unchartered
paths to
finding new and
improved*

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*writing styles
to benefit you.
365 creative
writing prompts
is guaranteed
to be the
perfect writing
companion. New
Creative
Writing Prompts
Start Where You
Are is a full-
colour, passion-*

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inspiring

journal

designed to

help readers

nurture their

creativity,

explore their

feelings and

focus on what

matters most.

Featuring

vibrant hand-

lettering and

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*watercolour
illustrations,
it pairs
inspiring
quotes with
supportive
prompts and
exercises to
spark
reflection
through
writing,
drawing, chart-*

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Prompts

*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.*

Track Your

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Past, Order

Your Present,

Plan Your

Future

The Elements of

Craft

A Journal for

Slowing Down,

Letting Go, and

Loving Who You

Are

Colors for Zena

Enemy Pie

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*(Reading
Rainbow Book,
Children S Book
about Kindness,
Kids Books
about Learning)
The Art and
Science of
Keeping House
Daily
Practices,
Writing
Prompts, and*

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*Reflections for
Living in the
Present Moment*

**Never have
writer's block
again. 5,000
Writing
Prompts is an
essential
resource for
novelists,
short story**

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**writers,
screenwriters,
poets, creative
writing
teachers,
bloggers,
memoir
writers,
improv actors,
and other
creators and
storytellers. It**

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**includes... 150
plot ideas for
each of these
genres:
fantasy,
science
fiction,
mystery,
romance,
young adult,
historical
fiction, and**

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**general fiction
hundreds of
other master
plots from
classic fiction
and mythology
hundreds of
dialogue,
character, and
setting
prompts 100
poetry**

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**exercises
hundreds of
prompts for
personal
writing and
journalling
500 blog post
ideas ...and
much more
From the
author of
Master Lists**

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**for Writers,
this
comprehensiv
e book is filled
with
inspiration.
Let it spark
your
imagination
and remind
you that your
creative**

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**possibilities
are truly
endless.
Instantly
Ignite Your
Imagination
with Over 900
Unique
Writing
Prompts!
Writers know
that good**

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**writing is
dependent on
unique,
interesting
ideas. Kick
your
imagination
into gear with
this collection
of hand-
picked, hand-
crafted,**

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**explosively
creative
writing
prompts! With
hundreds of
prompts in
every genre
included in
this book, you
are sure to
find ideas that
will propel**

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**your writing
and grab your
readers'
imagination.
Write More,
Write Better -
and Have Fun
Doing It! The
Love in Ink
team is
composed of
two**

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**passionate
authors with
over a decade
of writing
experience.
We know what
good writing
consists of -
and we know
how to bring it
into being. In
addition to**

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**tons of fun
writing
prompts in all
main genres,
this book
includes a
special section
of fun Writing
Challenges.
There, you will
find prompts
rich with**

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**rhetoical
techniques
that will
improve your
writing and
enhance your
confidence as
an author.
Writer's Block
Getting in
Your Way?
Destroy It,**

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One Amazing Prompt at a Time! As a writer, you know the woes of writer's block. There is nothing worse than wanting to write, but lacking the right idea to

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**get you going.
We have the
solution! In
this book, you
will find a
year's worth
of new, fresh
writing
prompts: From
writing
exercises to
solid book**

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**ideas, for both
beginning and
established
writers. Three
prompts a
day, every
day, in all
genres - over
nine-hundred
prompts in
total! You will
never be short**

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**of ideas again.
A collection of
ten themed
activity card
sets that
introduces
children to
computer
programming
fundamentals
using Scratch,
a visual**

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**programming
language
developed by
the Lifelong
Kindergarten
Group at the
MIT Media
Lab.**

**Looking for
more
connection
with your**

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**kids--and more
fun, too?
Welcome to
the
Bounceback
Parenting
League! This
insightful and
empowering
book is more
than just
another**

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**parenting
guide. It's a
playbook filled
with simple
yet powerful
"secret
missions" for
parents who
want to
recharge,
refresh and
restart in a**

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**positive new
way. Filled
with simple
challenges,
journal
prompts with
room to write,
and inspiring
advice to try
today, this is a
game-
changing**

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resource for overwhelmed moms and dads everywhere.

Get ready for your first mission....

Imaginative Writing

A Summer with Great-Aunt Rose

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**Creative
Coding
Activities for
Kids
The High 5
Daily Journal
My Mom Is the
Worst
Journaling |
The Ultimate
Self
Improvement:**

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**An Essential
and Definitive
Guide on How
to Write a
Journal and
Unlock Your
True Power
Positive
Thinking
Journal**
"This eBook
features 501

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sample writing prompts that are designed to help you improve your writing and gain the necessary writing skills needed to ace essay exams. Build your essay-writing confidence fast

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**with 501 Writing
Prompts!" --**

**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**

Page 61/165

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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.

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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

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Prompts

**prompts that
meet you where
you are
throughout the
different
seasons, this
journal will open
up new avenues
of self-knowledge
and help you
celebrate, enjoy,
and take**

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Printable Journal
Prompts

**ownership of
your life, as each
week of the year
becomes more
thoughtful and
vibrant.**

**100 Therapeutic
Journal Prompts
to Ease Anxiety
and Depression |
A Guided Prompt
Anxiety Journal**

Page 65/165

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**for a More
Positive Outlook
in Life Journaling
has proven to be
a tool to soothe
the anxiety
without
medication for
many people. In
this journal,
you'll find 100
therapeutic**

Page 66/165

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Prompts

**journal prompts
for stress,
anxiety and/or
depression. With
the help of these
prompts that
invite you to be
mindful and in-
the-moment,
you'll have a
chance to focus
on the present**

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Prompts

and focus on the positive. By answering the prompts, you'll be focusing deep inside your psyche. The writing prompts are carefully chosen to encourage you to ponder about the

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Prompts

positive things in your life. This journal can be a great self-gift if you suffer from anxiety and/or depression as well as everyday stress, or you could gift it to someone you believe will

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benefit from.

Features: 100

writing prompts

113 total pages

(You'll have some

extra pages to

write down your

own prompts,

inspirational

quotes, goals

etc.) Paperback

soft cover for

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Prompts

**more portability.
Ideally sized at
6"x 9" Five to ten
minutes of
journaling daily
can make a huge
difference in case
you been holding
back bottled up
emotions. Are
you ready to start
Discovering the**

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**new you? Then
scroll to the top
of this page and
click BUY NOW.
The Ultimate
Journal with
Positive
Affirmations for
Kids (Ages 9-12)
This positivity
journal is a new
essential for all**

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Printable Journal
Prompts

**kids! A new
addition to the
bestselling Woo!
Jr. Kids Activities
series, this
gratitude diary
for children gives
your kids
hundreds of
gratitude journal
prompts, self-
care planner**

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activities, and positive thinking exercises that help boost their self-esteem. Help your kids focus on the happy things in life. Tiny acts of gratitude can change the way your kids think and feel day-

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Prompts

**to-day. With
these journal
prompts and
positive
affirmations for
kids, this journal
for kids
encourages your
child to be vocal
about the things
that make them
happy and look**

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Printable Journal
Prompts

**on the bright side
each and every
day. Explore
mindfulness for
kids with
affirmations
coloring pages,
too! Make a habit
out of positive
thinking.**

**Journaling is a
great way to**

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Prompts

**reminisce on
your days. With
the Positive
Thinking Journal,
your kids can
form the habit of
journaling, and
keeping track of
everything they
are grateful for
and the positive
things that**

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Prompts

happened in their day. These kid-friendly journal pages have a variety of gratitude journal prompts to help your little ones focus on the best things in their lives. Inside the Positive Thinking

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Prompts

**Journal, you'll
find: Gratitude-
filled journal
prompts Positive
affirmations for
kids Guided
journal pages
Self-care
planning ideas
Positive sayings
coloring pages If
you liked Today**

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Printable Journal
Prompts

**is Great!, My First
Gratitude
Journal, or
Creative
Gratitude Journal
for Kids, you'll
love the Woo! Jr.
Kids Activities
Positive Thinking
Journal.**

**A 365 Day
Positivity Journal**

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Prompts
for Kids

**365 Prompts for
365 Days**

**100 Things for
Guys to Write
and Draw**

**Take Control of
Your Life with
One Simple Habit
Big Life Journal
for Kids**

365 Creative

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Prompts

Writing Prompts
60 Meditations
for Finding Peace
& Hope in a
Health Crisis

Simple but
powerful,
Journal Buddies
is no ordinary
journal. It is
an invitation to
experience a
journaling

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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

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created with the help of important people in life, such as friends, parents, teachers, family members, etc.

A beautifully illustrated workbook that helps women slow down and enjoy life rather than

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pushing for perfection. Most women today are frantic, lost in an endless cycle of busyness caused by constant pressure to perform up to unrealistic expectations of perfection, many of which are

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self-imposed.

This journal cuts to the heart of the problem by showing women how to reconnect with their inner selves through solitude, introspection, and contemplation of what's truly

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important to
them as
individuals and
family members.
Give yourself
permission to be
Present, Not
Perfect.

Mel Robbins
broke self-
publishing
records and
changed the
lives of

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millions of people with her bestselling global phenomenon, *The 5 Second Rule*. And now, she's back with *The High 5 Habit* and on a mission to help you change your life. Don't let the title fool you. This

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isn't a book about high fiving everyone else in your life. You're already doing that. Instead, Mel teaches you how to start high fiving the most important person in your life, the one who is staring

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back at you in
the mirror:
YOURSELF. If you
struggle with
self-doubt (and
who doesn't?)
...If you're
tired of that
nagging critic
in your head
(could somebody
evict them
already?) ...If
you're wildly

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successful but
all you focus on
is what's going
wrong (you're
not alone) ...If
you're sick of
watching
everybody else
get ahead while
you sit on the
couch with your
dog (don't bring
your dog into
this)Mel

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dedicates this
book to you.
Using her
signature
science-backed
wisdom, Mel will
teach you how to
make believing
in yourself a
habit so that
you operate with
the confidence
that your goals
and dreams

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demand. The High
5 Habit is a
simple yet
profound tool
that changes
your attitude,
your mindset and
your behaviour.
So be prepared
to laugh and
learn as you
take steps to
immediately
boost your

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confidence,
happiness and
results.

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

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offers a
contemporary,
creative, and
positive take on
a traditional
subject

The Sober
Survival Guide
Writing

Happy Journal,
Happy Life
Grade 5

The Bullet
Journal Method

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Scratch Coding

Cards

Grade 4

The Inner Child

Journal is a 90-day guided journal designed to heal and re-parent your Inner Child. The prompts in this journal will connect you to your Inner Child, facilitate meaningful healing, and teach you to

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cultivate your wise Inner Parent so that you can find peace and wholeness in your daily life. This journal can be used as a supplement to your Inner Child work in therapy, or as a means to access this healing process if therapy is inaccessible to you. Intended to be part of your morning

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routine, every guided entry is different and contains prompts on topics like:

- mindfulness,
- affirmations,
- identifying needs,
- dialogue between Inner Parent and Inner Child, and letters to your Inner Child.

All you need to get started is a cozy nook, your favorite pen, and a

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commitment to
showing yourself
grace, love, and
compassion. **WHAT'S
INSIDE:** Description of
the Inner Child and
Inner

Parent Explanation of
Inner Child healing,
Intergenerational
trauma, and Re-
Parenting 90 pages of
journaling with specific
prompts and

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categories Mindfulness

, affirmations, and

needs

identification Inner

Child & Inner Parent

dialogues and letters

to your inner child Daily

entries with specific

prompts and

instructions to help

you dive deep 9

Categories of

prompts Over 50

unique questions that

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are recycled daily, so no two days are the same. Instructions and descriptions so you can really understand how to get started with the journaling. Example of a daily journal for comprehension. Intention-setting and frequent reflections so you can chart your growth. Tips and tricks for if you get stuck. Quotes and daily

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encouragement to
keep you
motivated This journal
is infused with love
and the hopes that
when you open its
pages you feel held,
supported, and guided
through the entire
journey. All you have to
do is begin. *Please
note this journal is not
intended to be a
replacement for

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therapy, nor is it meant to be used as a diagnostic tool.

The Mindfulness Journal is your daily guidebook for living in the present moment and experiencing the richness of life by applying mindfulness techniques to your work, your relationships, your habits, and even the

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most mundane tasks
of your day.

An illustrated and
guided journal for
children.

Want to ignite your
creativity, boost your
gratitude, and
skyrocket your
happiness in ten
minutes a day? This
creative and
motivational book
invites you along as I

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discovered the Happy Journal method. And it doubles as a guide so you can start your own happy journal. A happy journal's premise is you drawing images to describe what brings you joy, so you end up illustrating your life.

And I can guarantee when you look back on those sketches a year or ten years from now,

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you will feel happiness
fill your heart. Learn
how to:- Notice the
little things that make
up your beautiful life-
Combat negative
mindsets that will kill
your happy journal
before it starts- Start
your own happy
journal with a couple
of supplies- Pass on
the gift of a happy
journal to your children

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and friends Get motivated by this guide, and you will see your happiness, joy, and gratitude multiply.

75+ Simple, Whole Foods Recipes for Gathering, Cooking, and Sharing: A Cookbook

A Master List of Plot Ideas, Creative Exercises, and More
Your Life in Comics

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Prompts

Autumn Moon Journal
A Life of Gratitude
Bounceback Parenting
Start Where You Are
Positive Thinking
JournalA 365 Day
Positivity Journal
for KidsDragonfruit
THE NEW YORK
TIMES
BESTSELLER
Transform your life

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using the Bullet Journal Method, the revolutionary organisational system and worldwide phenomenon. The Bullet Journal Method will undoubtedly transform your life, in more ways than

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you can imagine'
Hal Elrod, author
of The Miracle
Morning In his long-
awaited first book,
Ryder Carroll, the
creator of the
enormously
popular Bullet
Journal
organisational
system, explains

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how to use his
method to: *

TRACK YOUR

PAST: using

nothing more than

a pen and paper,

create a clear,

comprehensive,

and organised

record of your

thoughts and

goals. * **ORDER**

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Printable Journal
Prompts

YOUR PRESENT:

find daily calm by
prioritising and
minimising your
workload and
tackling your to-do
list in a more
mindful and
productive way. *

**PLAN YOUR
FUTURE:**

establish and

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appraise your short-term and long-term goals, plan more complex projects simply and effectively, and live your life with meaning and purpose. Like many of us, Ryder Carroll tried everything to get

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organised -
countless apps,
systems, planners,
you name it.
Nothing really
worked. Then he
invented his own
simple system that
required only pen
and paper, which
he found both
effective and

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calming. He shared his method with a few friends, and before long he had a worldwide viral movement. The system combines elements of a wishlist, a to-do list, and a diary. It helps you identify

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what matters and set goals accordingly. By breaking long-term goals into small actionable steps, users map out an approachable path towards continual improvement, allowing them to stay focused

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despite the crush of incoming demands. But this is much more than a time management book. It's also a manifesto for what Ryder calls "intentional living": making sure that your beliefs and

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actions align. Even if you already use a Bullet Journal, this book gives you new exercises to become more calm and focused, new insights on how to prioritise well, and a new awareness of the power of analogue

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tools in a digital world. *** This book has been printed with three different colour designs, black, Nordic blue and emerald. We are unable to accept requests for a specific cover. The different covers will

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be assigned to
orders at random.

Mindful ABCs is a
Alphabet book that
not only highlights
the letters but what
they can mean.

Using familiar
images of animals
(painted in
watercolour), this

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publication aims to introduce a whole new world of words that can support your little ones growth. If you have ever wanted your child to know what it means to 'create' or what 'mindful' is - this book is for you.

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With simple definitions to these important words (along with beautiful design), your child can begin to connect to the world (and themselves) in a fun and significant way. Because J can be for

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jellyfish...and JOY.
Imagine having the
ability to always
make calculated
decisions in your
life, uninfluenced
by impulse, and
are best for you.
Imagine being able
to traverse,
contemplate and
respond

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appropriately to your own thoughts, with simple and easy techniques. Welcome to the exclusive world of journaling. Journal keeping is an art somewhat lost in time, however, its relevance is at its pinnacle in this

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modern era.

Countless icons throughout time have partaken in this craft, ranging from Albert Einstein, Marie Currie, Leonardo DeVinci and Anne Frank. Discover how to befriend stress, anxiety,

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depression, and many other inhibitions, and reduce their presence in your life. Achieve your goals with confidence and ease. Effortlessly track your progress on becoming the best

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and most true
version of yourself.
“People who keep
journals have life
twice.” - Jessamyn
West (1902-1984),
highly
accomplished
novelist and writer.
In this book, you
will be introduced
to the special

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truths about journaling. You will then have everything you need to become the authority of your own reality. Whatever improvements you wish to see, health, wealth, cognitive

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behaviour, more fruitful relationships, you are guaranteed to make some serious and enlightening headway. You just need a pen, paper, and these proven strategies.

Expression really

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is the opposite of depression. The guidelines for journaling have been made so easy to follow that you will have success with it, even if you currently lack dedication or motivation in your

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life. No matter who you are, what you do or where you are in life, you can benefit greatly from this book.

Attaining heightened awareness of oneself will always be invaluable.

There is so much

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you can do with it,
and if you don't
know how, you
will. That's why
this book is for
you!

From Freezer to
Table

The Mindfulness
Journal

A Field Guide for
Creating

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Connection, Not
Perfection
5,000 WRITING
PROMPTS
How Drawing Your
Day Ignites
Creativity, Boosts
Gratitude, and
Skyrockets
Happiness
Diary, Notebook
52 Lists

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*Night-blooming
flowers blossom
across the covers of
this serene journal.
A dusting of
gorgeous gold foil
illuminates the
intricate details. 192
lightly lined pages
provide plenty of
space for personal
reflection, sketching,
or jotting down*

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*favorite quotations
or poems. Smooth-
finish, acid-free
archival paper takes
a variety of pens
beautifully. A satin
ribbon marker keeps
your place. A classic
feature: gilded-gold
page edging.*

*Journal is a larger
size: 7-1/4" wide x
9" high. Substantial*

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hardcover binding.

Raised embossing

lends dimensional

detailing to our

cover design.

Complementary

endsheets.

Illustration by

Nansei Sakagami.

The magic of mixing

colors, in a joyous

story by a master

colorist Zena's world

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*lacks color, so she
sets out to find
some. On her walk,
she first finds one
primary color, then
another. But red,
blue, and yellow
aren't
enough—Zena
wants more colors!
Out pops an orange
lion, a green frog,
and a purple*

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dragon, a combination of the colors she has seen. Zena and her friends then do some color mixing themselves, creating more colors and a bright painting using them all.

Vibrant illustrations and simple text make Monica Wellington's latest a

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perfect pick for budding young artists and for fans of classics such as The Color Kittens and Mouse Paint. Freezer cooking has never been so easy, fun, and totally delicious. From Freezer to Table is the ultimate guidebook for

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*transforming the way
your family cooks,
eats, and freezes.
The chapters are
packed with freezer
cooking basics,
practical tips for
Freezer Cooking
Parties and Freezer
Clubs, and plenty of
motivation and tools
to make freezer
cooking second*

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nature. With more than 75 simple, family-friendly recipes—all made from whole food ingredients—this book shows how you can stock your freezer with favorites, like Mixed Berry Oat Scones, Parmesan and Herb Chicken Tenders,

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and slow-cooker

Killer Carnitas.

*Prepare to reclaim
your kitchen from
processed foods, all
while saving your
wallet, your
waistline, and your
time! With a freezer
full of the easy
dishes in this book,
you can enjoy tasty,
stress-free meals*

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around the table with those you love, even on your busiest days.

This collection of 365 journal writing prompts is meant to stop writer's block in its tracks. With enough prompts to last the whole year long, you'll be writing every day on a

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variety of subjects.

With some introspection, some humor and a view to the future, you'll be able to practice your writing and learn more about yourself.

Author Bryan

Cohen's books of writing prompts and writing advice have sold more than

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15,000 copies.

A Toddler's

Perspective on

Parenting

Mindful ABCs

Present, Not Perfect

Presidents' Day

Activities

Home Comforts

A Journal to

Appreciate It All, Big

and Small

A 90 Day Guided

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*Journal To Heal and
Reparent Your Inner
Child*

The Sober Survival
Guide - How to
Free Yourself from
Alcohol Forever -
By Simon Chapple.
Foreword by Annie
Grace - Author of
This Naked Mind -
Control Alcohol

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Are you tired of thinking about drinking? Hands up if you believe any of the following about drinking alcohol to be true: I can't have fun without alcohol. Imagine going to a party without drinking! it makes

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me feel less anxious
or depressed; it
helps me sleep; I
can't relax without
it; it makes me
entertaining to be
around; it fits the
lifestyle of my
boozy friends; I
like the taste of
alcohol; it's cool
and sophisticated;

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I'm not confident enough to talk to new people without it; it helps me deal with all the problems life throws my way; it stops me worrying about how much I'm drinking (ironic, I know). If you find yourself

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nodding at even one of these statements, then I know how you feel. I was a heavy daily drinker for over twenty years, I too used to believe that I couldn't live without alcohol, and that once I'd had a few drinks I

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was funny to be around (hilarious in fact). Are you too are tired and fed up with the routine of drinking, and want to make a change and improve your life? Or you may simply be curious about how an alcohol-free

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life might look for you. Could it be better? Happier? Calmer? More peaceful? Perhaps you're already on the path to changing your relationship with booze and might have read other 'sober books' or

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taken part in programmes to help you quit. I want you to know you can do the same as me and find complete freedom from alcohol, and that you don't have to wait for years like I did. Also, I want to

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reassure you that alcohol addiction is never a person's fault, and that there's no need to blame yourself for finding it hard to give up. It honestly isn't as difficult as you might think, and this book will provide the

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support, tactics and advice you need as you progress on your sober journey. The Sober Survival Guide is unique in that it is split into two parts. The first is designed to set you up for success and put you in a place where you

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can find freedom from alcohol if that's what you want. The first part of the book contains essential information for when you're in the early stages of controlling your drinking. The second part serves

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as a handbook as you move forward into an alcohol-free life and is where this book comes into its own. As you read it you'll see I've used my own experiences and those of the people I've worked with to help ensure

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you're ready for the challenges, fears, and questions that will come up in the years after quitting drinking. You'll learn how to handle the work Christmas party without a glass of bubbly in hand, the joys of sober

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holidays, what to do when you stop drinking but your partner won't, and a whole lot more. With this part you can dip in and out, picking the chapters that address the problems you're facing that day or

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week. This unique quit alcohol book also shares my own stories and personal accounts that helped me learn (sometimes the hard way), so as well as providing vital tools and tactics it will also leave you with a

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smile on your face
and provide you
with a fun and
enjoyable read.

Part memoir, part
sober guide and
100% alcohol free -
The Sober Survival
Guide is perfect for
anyone looking to
free themselves
from the grip of

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alcohol. Simon Chapple is the founder of Be Sober one of the largest online 'quit drinking' communities, he is also a speaker and works as a Certified Alcohol Coach working with This Naked

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Mind helping people change their relationship with alcohol. He has helped thousands of people quit drinking and has made it his life mission to spread the word about the benefits an alcohol-free life brings.

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Join Simon and the
alcohol freedom
revolution on
Instagram
@besoberandquit
or visit
www.besober.co.uk
to discover more.
The Waiting Room
A Year of Weekly
Journaling
Inspiration

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A Journal for Self-
Exploration

Refugee

A Year of Creative
Writing Prompts

The High 5 Habit