



Journal with Ease!: The Mindful Approach to Weight Management (Paperback)

By Marie Franciene Zimmer

AUTHORHOUSE, United States, 2006. Paperback. Book Condition: New. 198 x 124 mm. Language: English . Brand New Book ***** Print on Demand *****.Journaling is a simple process that only takes a few minutes a day. Think of your journal as your friend. This journal is non-judgmental and has your best interest at heart. It is designed for the experienced as well as the novice. All you need is a pen and some quiet time for reflection. This journal is timeless, so you may begin when you are ready and refer to it for guidance as you travel on your journey in life. Have at hand, a spiral notebook, blank paper, or a blank journal of your choice, and take the first step. Read the Self-Reflection statements to inspire thoughts, feelings and ideas. Then consider the personal Tip to remember. Read the Self-Talk statement out loud and feel the meaning of the message as you manifest your destiny. Write in your journal, daily, using the formats as outlined in Part I and Part II. These offer many ideas to consider when managing weight, as well as encouragement to write your own personal thoughts and discoveries along the way. Journal with ease! Above...



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Reviews

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Great eBook and useful one. It was actually written really completely and useful. You are going to like the way the article writer published this publication.

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