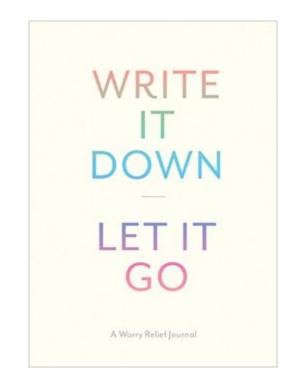
The book was found

Write It Down, Let It Go: A Worry Relief Journal





Synopsis

Writing down worries is a recognized therapeutic technique for relieving stress and anxiety. This inviting journal encourages users to record worries on one page ("write it down") and then use the opposite page to reframe anxious thoughts into positive actions or feelings ("let it go").

Book Information

Diary: 192 pages Publisher: Chronicle Books; Gjr edition (August 2, 2016) Language: English ISBN-10: 1452149194 ISBN-13: 978-1452149196 Product Dimensions: 7.2 x 0.5 x 5.2 inches Shipping Weight: 8.8 ounces (View shipping rates and policies) Average Customer Review: Be the first to review this item Best Sellers Rank: #394,930 in Books (See Top 100 in Books) #382 in Books > Self-Help > Anxieties & Phobias #1218 in Books > Self-Help > Stress Management

Download to continue reading...

Write It Down, Let It Go: A Worry Relief Journal Journal Daily: inside Tree Design, Lined Blank Journal Book, 150 Pages, 6" x 9" (15.24 x 22.86 cm), blank journal pages, writing journal The Worry Cure: Seven Steps to Stop Worry from Stopping You Coloring Journal (black): Therapeutic journal for writing, journaling, and note-taking with coloring designs for inner peace, calm, and focus (100 and stress-relief while writing.) (Volume 11) Dream Journal Notebook: Sweet Dreams Over Midnight, Lined Journal, 6 x 9, 150 Pages, Write and Draw, Dream Time interpretation and Mood Take-Down Archery: A Do-It-Yourself Guide to Building PVC Take-Down Bows, Take-Down Arrows, Strings and More The Book Lover's Journal (Reading Journal, Book Journal, Organizer) Journal Your Life's Journey: Tree Vector Journal, Lined Journal, 6 x 9, 100 Pages Journal Your Life's Journey: Water Color Paint Journal, Lined Journal, 6 x 9, 100 Pages 365 Journal Writing Ideas: A year of daily journal writing prompts, questions & actions to fill your journal with memories, self-reflection, creativity & direction Alice in Wonderland Chalkboard Journal - We're All Mad Here: 100 page 6" x 9" Ruled Notebook: Inspirational Journal, Blank Notebook, Blank Journal, ... Chalkboard Notebook Journals) (Volume 5) Chalkboard Journal - Be Still & Know (Yellow): 100 page 6" x 9" Ruled Notebook: Inspirational Journal, Blank Notebook, Blank Journal, Lined Notebook, ... Journals - Yellow Collection) (Volume 3) Chalkboard Journal - Be Still & Know: 100

page 6" x 9" Ruled Notebook: Inspirational Journal, Blank Notebook, Blank Journal, Lined Notebook, Blank Diary (Chalkboard Notebook Journals) (Volume 3) Bath Bombs: 47 Magnificent Organic Non-Toxic Bath Bomb Recipes For Stress Relief, Detoxification, Dry Skin And Longevity! (Bath Bombs, Stress Relief, Bath Bombs Recipes) Naturally Sinusitis Relief FAST: Top effective home remedies to instantly stop sinus infection: - A quick read and easy steps for headache relief & nasal treatment - Simple treatments guarantee Emergency Relief System Design Using DIERS Technology: The Design Institute for Emergency Relief Systems (DIERS) Project Manual Let's Talk about Epilepsy (Let's Talk Library) Let's Talk About Epilepsy (The Let's Talk Library) Let's Talk about Head Lice (Let's Talk Library) Let's Talk About Feeling Angry (Let's Talk About Book 1) Dmca