

The book was found

The 52 Lists Project: A Year Of Weekly Journaling Inspiration



Synopsis

Based on the popular blog series by Moorea Seal, this gorgeous journal is for list lovers. Create 52 lists, one for every week of the year, that will help you discover the beauty, joy, creativity, and power you already have! This beautiful undated journal of weekly lists will help nurture self-expression and self-development. 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 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 ownership of your life, as each week of the year becomes more thoughtful and vibrant.

Book Information

Series: 52 Lists

Diary: 144 pages

Publisher: Sasquatch Books; Jou edition (September 8, 2015)

Language: English

ISBN-10: 1632170345

ISBN-13: 978-1632170347

Product Dimensions: 5.7 x 0.7 x 8.7 inches

Shipping Weight: 13.3 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars Â Â See all reviews Â (186 customer reviews)

Best Sellers Rank: #1,726 in Books (See Top 100 in Books) #3 in Â Books > Self-Help > Journal

Writing #4 in Â Books > Self-Help > Art Therapy & Relaxation #18 in Â Books > Self-Help >

Creativity

Customer Reviews

When I saw the 52 Lists Project on I immediately requested it because, like many of you reading this review, I make lists and have done so for most of my life. But the Lists Project is exciting for me because it is not fundamentally about making "To Do" lists, but instead lists to help us get in touch with what is important to us in our life. Wonderful. The book is divided into seasons, and as we are 2/3 of the way through summer, I decided to start with List 36 - List Everything You Love to Do Outdoors. I started my list with my number one outdoor activity - "walking." Of course, I would prefer to be walking at Coast Guard Beach in Eastham on Cape Cod, but around the neighborhood also works quite nicely. For number two I put "water garden and flowers," which I love doing every day. Now, here's where the book takes on new meaning. At the end of the space for our lists our

author asks us to think about indoor activities that we can bring outdoors. I immediately wrote down "meditate." It seems to me that being outdoors will bring a new dimension to this important indoor activity. Then I wrote "eating." I thought, why not bring my cereal outdoors and enjoy it with some sunshine?The very next day I meditated and ate breakfast outdoors and enjoyed these new experiences. Winter and ten degree below zero weather will be a problem for these activities, but I'll deal with that in January - now it is August.I think readers of this review get the idea about the lists, but quickly I'll give one more example - List the Ways You Get Energized. Perfect. First on my list was "writing," as in writing this review. This activity takes all my concentration and attention and I like that. Next I put "music.

[Download to continue reading...](#)

The 52 Lists Project: A Year of Weekly Journaling Inspiration Going Deeper With Jesus: A journaling guide for readers of the Seeking Heart Series: Volume One (Seeking Heart Journaling Guide Book 1) Project Management Using Microsoft Project 2013: A Training and Reference Guide for Project Managers Using Standard, Professional, Server, Web Application and Project Online Project Management: 26 Game-Changing Project Management Tools (Project Management, PMP, Project Management Body of Knowledge) Project Management: Secrets Successful Project Managers Know And What You Can Learn From Them: A Beginner's Guide To Project Management With Tips On Learning ... Project Management Body of Knowledge) Agile Project Management: Box Set - Agile Project Management QuickStart Guide & Agile Project Management Mastery (Agile Project Management, Agile Software Development, Agile Development, Scrum) Agile Project Management: An Inclusive Walkthrough of Agile Project Management (Agile Project Management, Agile Software Development, Scrum, Project Management) Marjolein Bastin 2017 Monthly/Weekly Planner Calendar: Nature's Inspiration Project Management: A Quick Start Beginner's Guide For The Serious Project Manager To Managing Any Project Easily Agile Project Management: QuickStart Guide - The Simplified Beginners Guide To Agile Project Management (Agile Project Management, Agile Software Development, Agile Development, Scrum) Agile Project Management: & Scrum Box Set - Agile Project Management QuickStart Guide & Scrum QuickStart Guide (Agile Project Management, Agile Software ... Scrum, Scrum Agile, Scrum Master) Agile Project Management: For Beginners - A Brief Introduction to Learning the Basics of Agile Project Management (Agile Project Management, Agile Software Development, Scrum) Agile Project Management: QuickStart Guide - The Complete Beginners Guide To Mastering Agile Project Management! (Scrum, Project Management, Agile Development) Agile Project Management: Mastery - An Advanced Guide To Agile Project Management (Agile Project Management, Agile

Software Development, Agile Development, Scrum) Project Management: A Quick Start Beginners Guide For The Serious Project Manager To Managing Any Project Easily! Microsoft Project 2013, Configuraci3n: Configura bien el Project, evita contratiempos (Administrando Proyectos con Microsoft Project) (Spanish Edition) London City Sketch: Adult Coloring Book Travel Inspiration (World Sketch Inspiration Book) (Volume 1) TAP INSPIRATION 1: Inspiration for the Dance Teacher (ChoreographyTown Book 3) Cheer Inspiration 1: Inspiration for the Dance Teacher (ChoreographyTown Book 4) Positive Vibes: 22 Original Patterns for Inspiration and Excellent Mood (Inspiration & Meditation)

[Dmca](#)