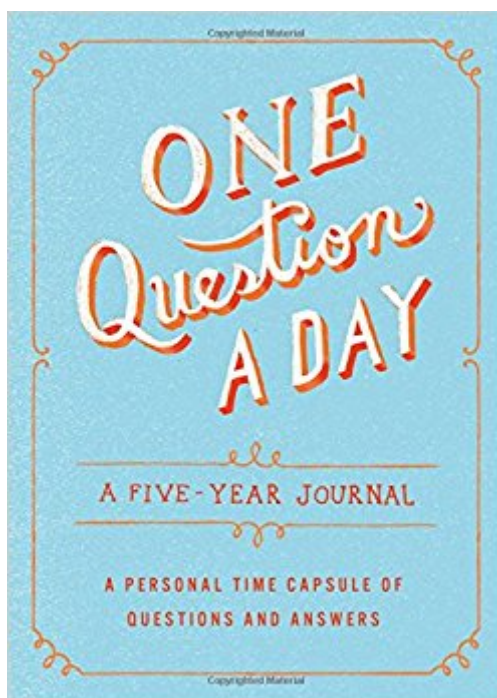


The book was found

One Question A Day: A Five-Year Journal: A Personal Time Capsule Of Questions And Answers



Synopsis

A simple guided journal that offers one question per day, to be answered on the same day for five years in a row. The questions range from the prosaic (â œWhat did you have for lunch today?â •) to the contemplative (â œCan people really change?â •), giving readers a comprehensive look back at their thoughts and feelings over a five-year span. For anybody who has ever given up journaling after being intimidated when facing a blank page, this book makes it easy to take a snapshot of your inner life in just a few minutes each day. The beauty of this daily journal is that it enables readers to track their emotional growth as well as keep track of memories, and provides an interesting walk down memory lane a few years later. The simple one-question prompts make this book to journaling as adult coloring books are to art â “ a gateway product with built-in creative inspiration. The specially-sized package features a printed flexi-bound cover, four-color endpapers, quality paper, and bookmark ribbon.

Book Information

Hardcover: 368 pages

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Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 10 customer reviews

Best Sellers Rank: #26,634 in Books (See Top 100 in Books) #37 inÂ Books > Self-Help > Journal Writing #135 inÂ Books > Self-Help > Creativity

Customer Reviews

Aimee Chase is a writer and editor with a perfectly imperfect life. She lives in the Boston area with her husband and two spontaneous little boys who remind her to live in the moment. Aimee's books include One Question a Day: A Five Year Journal, and Present, Not Perfect: A Journal for Slowing Down, Letting Go, and Loving Who You Are.

Great book

Great gift, beautiful quality. Questions were good too. Nothing too odd or too general.

I've had this for a while and I realized that most of these questions can only be answered once, which is pointless for a 5 year journal. It should have more profound and recurrent questions that one can answer EVERY year. This is a good 1 year journal, but that's it.

A simplified and fun way to journal. Especially... if you are a person who wants to journal, but feels like you don't have time or don't know where to begin. I literally ordered 9 of these for Christmas gifts. My daughter's teachers loved them and so did all the other recipients.

I tried keeping a journal but always failed. This works for me answering one question a day.

I've enjoyed the questions quite a bit! It's fun and easy to remember to do.

Love this journal!!!! The prompts are great. Some are deep while others are silly, but all are thought provoking. Definitely a great buy. It will keep my interest for a long time and I am so excited to see how my answers change over the years.

If you have trouble keeping a journal, then this book is probably for you. Great questions with enough room for you to elaborate, if you want. Also a great reminder of where you've been and how far you've come (and will go).

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