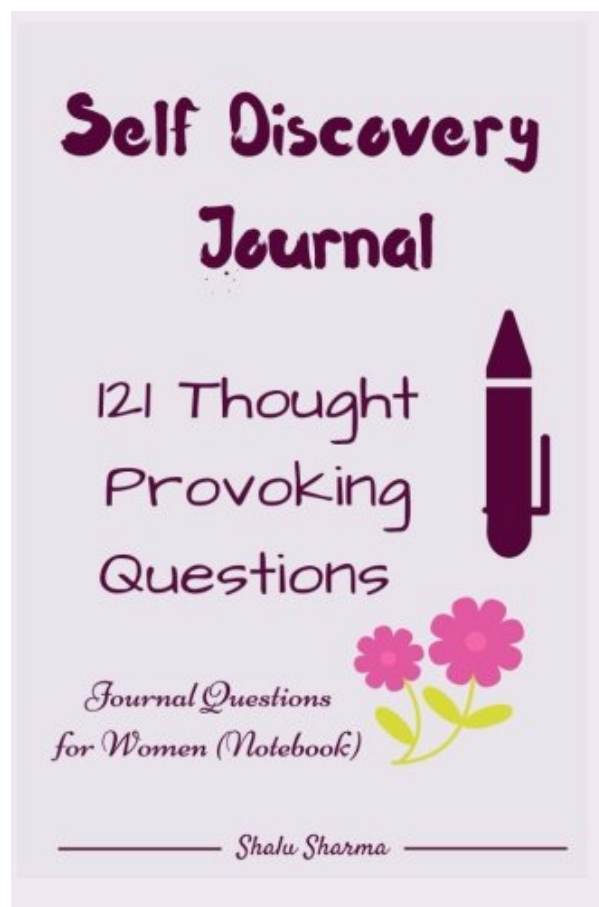


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Every woman should record their thoughts because it serves as a powerful way to clear the head and maintain physical and emotional well being. Writing will help you to reduce stress, clear your thoughts, know yourself better, solve previously unsolved questions and feel calmer and happier. There is growing evidence to suggest that maintaining a journal helps improve physical and mental health. Research carried out by a team (Pennebaker et. al.) at the University of Texas at Austin showed that those who engage in expressive writing for three 5-minutes session in the first person conferred health benefits. This book is a set of 121 questions (with lines) for you to note your thoughts.

Some of the other benefits of journal writing include;

- It has the ability to increase overall intelligence (IQ) by increasing vocabulary.
- Allows you to think and actively engage in thoughts and let go of frustrations.
- Journaling will increase help you manage your emotions and increase self-awareness.
- Writing has shown to increase memory and comprehension.
- Relieve stress and trauma by improving immune functions.
- It will certainly help you unlock your creativity and increase self-confidence.
- Will help you achieve goals by activating the reticular activating system (RAS) responsible for regulating wakefulness and sleep-wake transitions that plays an important part in achieving goals.

Try to write about 10 to 20 minutes each day. Do not worry about punctuation and grammar. There are 121 journal type questions and you don't need to start from the first page. Just pick a question and start writing. Your journaling will be the cheapest therapy you can get helping you to let go of bottled-up emotions. Once you start writing, you will feel emotionally, physically and spiritually lighter with yourself. Journal writing will change your life for the better.

**Those who have bought the kindle version of this book can use loose paper or another notebook to pen the answers while those who bought the paperback can use the spaces within the book.

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I can't tell you how interesting this book is. If you are honest with yourself and answer the questions enclosed in the book, you will not only find some amazing things about yourself, but also find a way to fix the areas you may be lacking in. Shalu Sharma has thought of everything with her questions. They are an in depth look at one's self. I agree with the author that keeping a journal is important and she has made the task an easy one with this carefully laid out journal. That part of the job is done for readers and it is a fun and introspective journey to answer the questions. The author has thought of everything and readers are going to love the challenge of coming up with the answers and take an honest look into their own lives.

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