

GRATITUDE JOURNAL

DATE:

S M T W T F S

TODAY I'M GRATEFUL FOR

Three horizontal lines for writing.

WATER INTAKE



WEATHER



NOTES / REMINDERS

A large rectangular box for writing notes.

TODAY'S AFFIRMATION

Four horizontal lines for writing.

SOMETHING I'M PROUD OF

Four horizontal lines for writing.

TOMORROW I LOOK FORWARD TO

Four horizontal lines for writing.

Notes Thoughts Do Schedules Diary Journal Notebook
Gratitude

Creative Coloring Books for Adults

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Your Aging Body Can Talk Susan Levy, 2017-06-12 Written by a chiropractor and alternative health practitioner with over 30 years of experience this book addresses health and well-being of body, mind and spirit for an aging population 50. Uniquely this material is presented through the lens of Clinical Kinesiology. This simple self-help tool of muscle testing allows readers to find out what their own body knows and needs. They learn that the body speaks through either strong or weak muscle responses to questions asked or situations presented and are instructed in how to do this simple self-testing for a variety of health issues. Stories of other seniors who have used this methodology to their benefit provide a platform for acceptance and motivation and each chapter contains specific recommendations for its use. How to become a wise elder is another unique emphasis of this book. The author encourages us to learn from many different cultures and traditions a more life-positive view of aging. In fact she coins the word Youthing to describe such a reorienting of mind, purpose and activity toward optimum vibrancy and flexibility leading to longevity. Stories of successful transitions into elderhood give hope to those who are confused or anxious about becoming older. Since the body's health is intimately related to that of mind and emotions a Youthing approach will be characterized by equanimity, gratitude, forgiveness and dynamic relationship with others. Her many exercises and suggestions are designed to encourage readers to value themselves as worthwhile wisdom contributors. You can assume the stance of a respected elder she declares even if the surrounding culture does not immediately support that. In other words readers are invited to be the change they want to effect. Far from being a scholarly or scientific text *Your Aging Body Can Talk* is written for immediate use by maturing practitioners or laypersons. Throughout the book the concerns of an aging population are consistently placed in the forefront. How to develop an anti-inflammation diet and lifestyle, The factors that affect longevity, How to build cognitive health and brain vibrancy, How to find or refine your life's purpose no matter what your age, Why detoxification is so essential at any age, *Notes Creative Coloring Books for Adults*, 2016-01-09 A beautiful black and white matte cover encloses 110 lined blank pages waiting for you to write down your daily thoughts, diary entries, feelings of gratitude or shopping lists and kids' schedules. Handy 6x9 size slips easily into your handbag for instant access when you need paper for note-taking. 110 pages include 4 pages for telephone numbers and a few blank pages in the back for doodling. White paper, Great gift idea. Buy one for you and a friend today. *Take Note Creative Coloring Books for Adults*, 2015-12-14 A silky matte cover of Christmas Owls wraps around 110 lined pages of crisp white paper just waiting for your words. 4 lined pages added to the back for telephone numbers, 2 blank pages for doodles. The 5x8 size of this notebook is perfect for slipping into your purse or bag. Be unique and the only one in the meeting with a cute owl.

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Creative Journal and Planner Month Edition Allison Adams,2015-09-27 The Southern Scribblings Journal and Planner will help you combine everything you ever learned about journaling and planning From capturing ideas generated in your daily morning pages to planning for a well rounded life that includes your spiritual family and career goals We are only promised this moment The best way to discover what we are missing in our daily routine is to know where the time has been spent Try this journal planner and share how it helps you make time for the little things in life Southerners love to make memories time with family and friends as well as make traditions to last generations Spend each day purposefully nurturing a part of your body soul and spirit with the Southern Scribblings Creative Journal and Planner

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