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NEW YORK TIMES BESTSELLER • Being a Lazy Genius isn't about doing more or doing less. It's about doing what matters to you. "I could not be more excited about this book."—Jenna Fischer, actor and cohost of the Office Ladies podcast The chorus of "shoulds" is loud. You should enjoy the moment, dream big, have it all, get up before the sun, track your water consumption, go on date nights, and be the best. Or maybe you should ignore what people think, live on dry shampoo, be a negligent PTA mom, have a dirty house, and claim your hot mess like a badge of honor. It's so easy to feel overwhelmed by the mixed messages of what it means to live well. Kendra Adachi, the creator of the Lazy Genius movement, invites you to live well by your own definition and equips you

to be a genius about what matters and lazy about what doesn't. Everything from your morning routine to napping without guilt falls into place with Kendra's thirteen Lazy Genius principles, including: • Decide once • Start small • Ask the Magic Question • Go in the right order • Schedule rest Discover a better way to approach your relationships, work, and piles of mail. Be who you are without the complication of everyone else's "shoulds." Do what matters, skip the rest, and be a person again. This Knotting sloth notebook / Journal makes an excellent gift for any occasion . Lined - Size: 6 x 9" - Notebook - Journal - Planner - Dairy - 110 Pages - Classic White Lined Paper - For Writing, Sketching, Journals and Hand Lettering Elegantly repackaged, The Morning Pages Journal is one of The Artist's Way's most effective tools for cultivating creativity, personal growth, and change. Now more compact and featuring spiral binding to make for easier use, these Morning Pages invite you to do three pages daily of longhand writing, strictly stream-of-consciousness, which provoke, clarify, comfort, cajole, prioritize, and synchronize the day at hand. This daily writing, coupled with the twelve-week program outlined in The Artist's Way, will help you discover and recover your personal creativity, artistic confidence, and productivity. The Artist's Way Morning Pages Journal includes an introduction by Julia Cameron, complete instructions on how to use the Morning Pages and benefit fully from their daily use, and inspiring quotations that will guide you through the process. Grab this cute funny Hand Sign Language Black History Gift Proud Political Journalas a gift for your daughter, son, brother, sister, girlfriend, boyfriend, wife, husband, dad, mom, aunt, uncle, grandma or grandpa who loves Black History Notebooks Usage: Gratitude Journal 5 Minute Journal Affirmation Journal Mindfulness Journal Happiness, Positivity, Mood Journal Prayer Journal Writing, Poetry Journal Travel Journal Work, Goal Journal Daily Planner Dream

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Loss Journal Recipe, Food Journal Password Journal Art Journal Log Book Diary Features: 6 x 9 page size 120 pages Dotted grid pages Cream/Ivory colored paper Soft cover / paperback Matte finish cover Making Memory Books and Journals by Hand offers easy-to-follow instructions for more than thirty projects that connect and preserve life's important occasions and friendships. Readers will learn how to make personalized photo albums, travel diaries, wedding albums, portfolios, and dream catcher booklets using creative studio techniques such as wax resist, leaf printing, and plaster paper. The writer in each of us will delight in learning how to hand-craft daily journals of all kinds, including garden, art, and recipe logs. An appealing and approachable guide, this book will help any reader transform a jumble of snapshots and notes into a beautiful collection of our most cherished moments. This is a blank, lined journal that makes a beautiful, funny gift for friends and family, male or female. Pick it up today for anyone who loves playing the Canasta card game derivative, Hand and Foot. Other features of this notebook include: 110 pages 6x9 inches Excellent and thick binding Durable white paper Sleek, matte-finished cover for a professional look This diary is a convenient and perfect size to carry anywhere for writing, journaling and note taking. If you would like an unlined journal, please take a look at our other products. Discover how beautiful and functional a handbound book can be with this "fresh look at an old art" featuring 20 creative and approachable projects (Library Journal, starred review). In Bound, graphic designer and professional bookbinder Erika Ekrem explains everything you need to know to create your own beautifully handcrafted books. With her whimsical and stylish approach to traditional techniques, and the use of upcycled and repurposed materials, Ekrem has devised creative fun for book artists of all levels. Dividing projects into three categories—Vintage, Nature, and Leather—she takes you step-by-step through the process of making books from mason jars and seashells; a classic leather-bound photo album; and other works of art. Not your typical how to book, but inspirational papercraft and mixed media projects designed by Tim Holtz. Continuous Line Notebook Notebook Features: 6 x 9 inch 1/4 inch small dot gridded Pages 120 off- white

sturdy pages Soft, Matte cover Suitable for taking notes, lists, budgeting, appointments, memories, recipes, habit tracking, writing, drawing, calligraphy, hand lettering, doodling, brainstorming and much more Notebooks and journals are a perfect gift for any occasion: Birthday Gifts Teacher Gifts Mother's Day Gifts Christmas Gifts Graduation Gifts for Students Co-worker/Boss Gifts Baby Shower Gifts Journal & Planner Lovers Gift Baskets & Stocking Stuffers Take a mixed-media journey to the very heart of your creativity! The Painted Art Journal opens doors to your most personal and authentic art yet. Tell your story as only you can, through a series of guided projects that culminate in a beautiful, autobiographical art journal worthy of passing along to future generations. Along the way, you will hone your own unique style of artful storytelling, filled with the images, colors and symbols that resonate most powerfully with you. Twenty-four inventive, step-by-step prompts help you to:

- Set the scene for making art--from establishing rituals that unlock creativity to curating a personal storyboard.
- Draw inspiration from photos, typography, sketches, childhood memories, quotes and more.
- Shape your story with timelines, gathered-word poetry and simple approaches to portraits.
- Express yourself through an exciting range of mixed-media techniques, using everything from pen and ink, markers and watercolor to image transfers, printmaking with linocuts, acrylic and collage.

A book unlike any other, The Painted Art Journal is all about digging deeper, honoring your life, and coming away with a truer understanding of yourself and your art. "Each of our stories is so different, lovely and broken in its own way." --Jeanne Oliver The handmade books presented here are meant to spark outings and offer creative ways for you to explore your personal style and interests: Make treasure hunts even more special with a personalized Treasure Hunt Collection Bag and Notebook. Take notes at the beach with a Waterproof Book made with Tyvek pages. Make a canvas-covered Camping Songbook to take with you to the campsite. In this collection of twenty Japanese bookbinding projects, traditional techniques meet contemporary style, from easy-to-fold accordion books to the intricate Japanese stab-stitch bindings. Book artist Erin Zamrzla makes

bookbinding easy and unthreatening. Her clear step-by-step instructions make even the more complicated stitches easy to re-create. Information on the basics of bookbinding—including terminology, tools, and techniques—is included, and many projects encourage the creative use of ordinary and recycled materials. The projects are: Everyday Outings • Grocery List Pad • Lunch Box Notes • Necklace Book • Cross-Stitch Cover • Write Your Own Story Journal Outdoor Play • Treasure Hunt Collection Bag and Notebook • Little League Score Book • Waterproof Book • Bicycle Book • Texture Collector Nature Excursions • Observation Journal • Leaf and Flower Press • Fishing Log • Stargazing Log • Camping Songbook Road Trips • Tiny Tickets Memorabilia Book • Photo Notes • Notes from the Road Postcard Book • Fold-Out Map Booklet • Things to Check Out An up-to-date and comprehensive handbook written by experienced professionals, covering all aspects of journal publishing, both online and in print. Perfect Notepad to Practice Your Hand Letters. Great for Beginners. Think of all the Projects that can be done with Brush Lettering. Create Weekly Planners, Numbered Daily To Do Lists, Quote Art, Hand Made DIY Calendars, Bullet Journal Doodles, Bible Journaling, Grid Notebooks, Sketching, Drawing, Beautiful Calligraphy Envelopes, Canvas Banners, Crafts, Birthday Parties, Chalk Handwritten Projects, Holiday & Thank You Cards. Premium Matte Finish SoftCover Design, Printed on Bright White Paper, High Quality 60# Paper Stock, 122 Guide Line Lined Pages, Perfect Size for Creative Journaling, 8.5 x 11, Made in the USA, Fun Practical Gift This Sloth & Papercraft notebook / Journal makes an excellent gift for any occasion . Lined - Size: 6 x 9" - Notebook - Journal - Planner - Dairy - 110 Pages - Classic White Lined Paper - For Writing, Sketching, Journals and Hand Lettering "One thousand blank journals are currently circulating throughout the world, beckoning contributors who find the journals by chance on trains, in cafés, and anonymously left on doorsteps. Artist Someguy shares more than 250 of the best entries..."--Publisher description. John Steinbeck wrote The Grapes of Wrath during an astonishing burst of activity between June and October of 1938. Throughout the time he was creating his greatest work, Steinbeck

faithfully kept a journal revealing his arduous journey toward its completion. The journal, like the novel it chronicles, tells a tale of dramatic proportions—of dogged determination and inspiration, yet also of paranoia, self-doubt, and obstacles. It records in intimate detail the conception and genesis of *The Grapes of Wrath* and its huge though controversial success. It is a unique and penetrating portrait of an emblematic American writer creating an essential American masterpiece. Enter the epic fantasy world of HBO's *Game of Thrones* with this stunning new addition to Insight Editions' best-selling journal series, featuring the Hand of the King emblem. The Hand of the King serves as the head of the reigning monarch's small council in King's Landing. In the King's absence, the Hand becomes his proxy. Often the real power behind the throne during the reign of a weak monarch, the King's Hand wears a badge of office shaped like a hand, symbolizing the authority to make decisions in the King's name. As the popular saying goes, "What the King dreams, the Hand builds." A thrilling new addition to our internationally best-selling line of *Game of Thrones* stationery, the *Game of Thrones: Hand of the King Hardcover Ruled Journal* pays homage to this powerful piece of pop culture iconography. With sturdy construction and sewn binding, this journal lies flat, and the 192 lined, acid-free pages of high-quality heavy stock paper take both pen and pencil nicely to invite a flow of inspiration. All this, plus a ribbon placeholder, elastic closure, and 7.5 x 4.5-inch back pocket, perfect for holding photographs and mementos, makes this journal a must-have for fans everywhere. The *Art of the Travel Journal* offers all the techniques, ideas, inspiration, and step-by-step instructions needed to create artful, one-of-a-kind journals filled with drawings, ephemera, lettering, and more that document our lives traveling around the world—or around the corner. *Black Magick, Occult, Wicca and Satanic Journals* Keeping a magical record, magical journal or magical diary is the most important esoteric skills in magick and occultism. Its is used to record your dreams, magical experiments, rituals and for active exploration of the unconscious and subconscious realms through creation of sigils, drawing sketching and writing. This is a deeply important aspect of Witchcraft, Chaos Magick, Thelema,

Satanism, Wicca and Wiccan Traditions. The powerful symbol used in the design should be studied and meditated upon. Use it as a guiding influence in your magical undertakings. Visit the [Black Magick Journals](#) page for more styles, designs, sizes and other options. Features: Soft sturdy beautiful softcover Bullet Journal Measurements: 6"x9" 120 pages Dot Grid pages perfect for writing, journaling or taking notes This notebook and writing journal has 120 Dot Grid pages measuring 6" x 9" in size. It has a sturdy cover and is perfect bound. This notebook is perfect for note taking, journaling, writing poetry, lists, ideas, or your next book. This Journal is great for taking notes, jotting lists, drawing, brainstorming, or meditation and mindfulness journaling. Continuous Line Notebook Notebook Features: 6 x 9 inch Cornell Notes 120 off-white sturdy pages Soft, Matte cover Suitable for taking notes, lists, budgeting, appointments, memories, recipes, habit tracking, writing, drawing, calligraphy, hand lettering, doodling, brainstorming and much more Notebooks and journals are a perfect gift for any occasion: Birthday Gifts Teacher Gifts Mother's Day Gifts Christmas Gifts Graduation Gifts for Students Co-worker/Boss Gifts Baby Shower Gifts Journal & Planner Lovers Gift Baskets & Stocking Stuffers "A French Horn in Hand Makes a Very Fine Man" is a blank lined journal that's a convenient size to take anywhere. This brass horn gift journal is perfect for a music teacher, professional musician, or music love. r. Order our instrument fan journals to bring to marching band. Other features include: 55 sheets / 110 pages 6x9 inches Excellent and thick binding Durable paper Sleek, matte-finished cover for a professional look This journal paper is a neutral wide-ruled paper with a line at the top for date. The date line automatically defaults to the left or right depending on which side of the book the page is printed on. Journals are a big part of the self-help movement and are often used by people who would like to write down their thoughts, often during a particularly challenging transition in their lives, for example pregnancy, rehabilitation, illness or therapy. People also like to journal while traveling, taking part in a new activity (like a class) or when they Create a lovely handmade journal that's entirely yours, from the cover to the last word, with this how-to

from a talented bookbinding author. Following the successful Bound comes this stunning collection of journals from designer and artist Erica Ekrem. Ekrem demonstrates how to craft 21 lovely Old-World-style journals, some using repurposed materials and found objects, and provides instructions for making accessories like tassels and adding decorative inking, stamping, and stitching. Each journal is designed for a specific purpose or hobby, and includes inspiring journaling prompts. Create a water-resistant book bound between two river stones, a refillable booklet perfect for a prolific writer, and a nature journal with a strap to throw over your shoulder. With 30 projects and an introduction to both crafting paper flowers and working with crepe paper, this book is full of inspiration and expert advice for beginners. If you have a Cricut Maker, you can download the templates to your machine so you can enjoy your own homemade bouquets in no time. Crepe paper is the best material for creating paper flowers, especially for beginners. It's forgiving and malleable--easy to cut, bend, curl, and shape into peony petals, daffodil trumpets, chrysanthemum blooms, and more. And if you have a Cricut Maker, you can easily cut out the shapes from templates you download for free on Lia Griffith's website using a code. Then, follow instructions for crafting the flowers to arrange and display in vases and pots and as bouquets and wreaths. Help your child to enjoy and explore nature and the outdoors using this unique hand drawn Nature Journal 110 Pages for your children to draw, write or stick in samples and draw their findings. 4 Page Spread including where, when, what they see, find, and can smell too, and how it makes them feel. Create your own Scavenger Hunt using the many blank pages with cute hand drawn frames to list items that your children would be able to find according to the seasons, Spring, Summer, Autumn and Winter. Details are Hand Drawn Nature Designs 100 Pages 4 Page Spread Blank Pages for additional sketching, doodling, writing and sticking in samples Create your own scavenger hunt in the hand drawn frame pages Handy size.5 inches by 8 inches on high quality paper Soft Matt Velvety wrap around cover with hand drawn professional designs Nature journals make great gifts to, Ideal as for summer camp, birthdays, holidays, vacations, pre

school trips, Christmas gifts, Take a peek at the 'look inside' feature to see the page designs. Best known for his Buddhist teachings, Thich Nhat Hanh has lived in exile from his native Vietnam since 1966. These remarkable early journals reveal not only an exquisite portrait of the Zen master as a young man, but the emergence of a great poet and literary voice of Vietnam. From his years as a student and teaching assistant at Princeton and Columbia, to his efforts to negotiate peace and a better life for the Vietnamese, Fragrant Palm Leaves offers an elegant and profound glimpse into the heart and mind of one of the world's most beloved spiritual teachers. Luann Budd offers to help you get started journaling, and she introduces you to the power of writing as a spiritual discipline through helpful tips and examples from her own journals. Continuous Line Journal Notebook Journal Features: 6 x 9 inch College-ruled on white paper 120 off- white sturdy pages Soft, Matte cover Suitable for taking notes, lists, budgeting, appointments, memories, recipes, habit tracking, writing, drawing, calligraphy, hand lettering, doodling, brainstorming and much more Notebooks and journals are a perfect gift for any occasion: Birthday Gifts Teacher Gifts Mother's Day Gifts Christmas Gifts Graduation Gifts for Students Co-worker/Boss Gifts Baby Shower Gifts Journal & Planner Lovers Gift Baskets & Stocking Stuffers Buy this elegant Hand-drawn Journal today and receive fast delivery service from Amazon. Visit our Author page for many more journal and notebook designs. From zines you can fold in a minute to luxurious leather journals and sumptuous sketchbooks, How to Make Books will walk you through the easy basics of bookmaking. Whether you're a writer, a scrapbooker, a political activist, or a postcard collector, let book artist Esther K. Smith be your guide as you discover your inner bookbinder. Using foolproof illustrations and step-by-step instructions, Smith reveals her time-tested techniques in a fun, easy-to-understand way. Journal with Purpose is the ultimate reference for journaling, packed with over 1000 motifs that you can use to decorate and enhance your bullet or dot journal pages. Copy or trace direct from the page, or follow one of the quick exercises to improve your skills. Featuring all the journal elements you could wish for - banners, arrows, dividers, scrolls,

icons, borders and alphabets - this amazing value book will be a constant source of inspiration for journaling and an 'instant fix' for people who find the more artistic side of journaling a challenge. Get to know your favorite YouTube stars—Ryan ToysReview, HobbyKidsTV, JillianTubeHD, and EvanTubeHD—in this hilarious, insightful, and cool look at their lives behind the camera. Watch This Book to discover: -What superpower Ryan wishes he has -The most colossal mess the HobbyKids made during an episode (and how long it took them to clean it up) -Jillian's not-so-secret talents -Evan's favorite food (It's pizza. Evan would live in a house made of pizza if he could) -And much, much more, including tips and advice from each of these stars on how to make your best videos! This full-color book includes an introduction by the one and only CaptainSparklez and comes with games, quizzes, and never-before-seen photographs of the stars and their families. It's sure to be beloved by the YouTube-loving kid in your life. So, if you or someone you know wants to have tons of fun with your YouTube friends and their families—and over 20 million people already have with this all-star crew—it's time to Watch This Book! © 2018 PocketWatch, Inc. All Rights Reserved. See the world around you in a whole new way with this inspiring guide to nature drawing, urban sketching, travel drawing, drawing from memory or photos, and sketch journaling. In Draw Your World, Samantha Dion Baker gives you everything you need to begin a new art practice or enliven an existing one. She shares her favorite tools and materials, simple technical lessons such as composition, shadows and light, symmetry, and perspective, plus fun motivational exercises like drawing from memory, urban sketching, travel journaling, and experimental art. With helpful step-by-steps and stunning visual examples from Baker's own work, Draw Your World will help you hone your skills and capture the details of your unique and remarkable life in a sketch journal or as finished artwork. "A Saxophone in Hand Makes a Very Fine Man" is a blank lined journal that's a convenient size to take anywhere. This professional musician gift journal is perfect for a saxophonist who loves playing jazz combos. Make sure to grab your classical music gift notebook before your next jazz band concert. Other features include: 55 sheets / 110 pages 6x9 inches

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words. Just the right amount of honest words that let you feel a sense of being free from negativity and energized with possibility. If you write in your journal like someone is going to read it, you will ever allow yourself to fully express what needs to be expressed. Write like no one will ever read it because it is likely no one ever will unless you want them to. Write how you loved something, were mad at someone, wished something was different or anything you need to. Just do it. Start today writing in your journal. You could even put "Today I bought this awesome journal and will recommend all my friends do the same." Wink Wink

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