

Journals

Examines current issues in journals publishing and reviews how the industry will develop over the next few years. With contributions from leading academics and industry professionals, the book provides an authoritative and balanced view of this fast-changing area. There are a variety of views surrounding the future of journals and these are covered using a range of contributors. Online access is now taken for granted - 90 per cent of journals published are now available online, an increase from 75 per cent in 2003.

Looks at a fast moving and vital area for academics and publishers Contains contributions from leading international figures from universities and publishers

Here is the first biography to explore, with shocking detail, the drama that formed this troubled, tragic rock star. Neither an apology nor a condemnation, Kurt Cobain presents a vivid insider's view of the life and death of a man who galvanized a generation and gave birth to the "grunge" revolution with his band Nirvana. Sandford portrays the provocative, small-town rebel with the talent of John Lennon, and then shows him at work on concert stages in Seattle, New York, and London. Readers follow the struggles of Cobain's emotional life-his tumultuous relationships with family and his fellow band members, his drug addiction and sexual appetite, his stormy marriage to Courtney Love, and the birth of his daughter, who, as Cobain wrote in his suicide note, "reminds me too much of who I used to be." During his research, Sandford has had access to Cobain's family, his colleagues, his former friends and lovers, and even author William S. Burroughs, whom Cobain considered to be his "greatest influence." The result is a graphic account of the life that led to the day in April 1994 when Cobain turned a shotgun on himself and became a martyr to disaffected youth around the world.

Elegant cover treatments enhance journals] 160 lined pages] 6-1/4" wide x 8-1/2" high (15.9 cm wide x 21.59 cm high)] Hardcover] Archival/acid-free paper. Gold foil, embossed. Gorgeous design emulates a 16th-century binding of mystical Persian poetry that featured lacquer painting with gold and pearl dust.

In this 2013 winner of the prestigious R.R. Hawkins Award from the Association of American Publishers, as well as the 2013 PROSE Awards for Mathematics and Best in Physical Sciences & Mathematics, also from the AAP, readers will find many of the most significant contributions from the four-volume set of the Collected Works of A. M. Turing. These contributions, together with commentaries from current experts in a wide spectrum of fields and backgrounds, provide insight on the significance and contemporary impact of Alan Turing's work. Offering a more modern perspective than anything currently available, Alan Turing: His Work and Impact gives wide coverage of the many ways in which Turing's scientific endeavors have impacted current research and understanding of the world. His pivotal writings on subjects including computing, artificial intelligence, cryptography, morphogenesis, and more display continued relevance and insight into today's scientific and technological landscape. This collection provides a great service to researchers, but is also an approachable entry point for readers with limited training in the science, but an urge to learn more about the details of Turing's work. 2013 winner of the prestigious R.R. Hawkins Award from the Association of American Publishers, as well as the 2013 PROSE Awards for Mathematics and Best in Physical Sciences & Mathematics, also from the AAP Named a 2013 Notable Computer Book in Computing Milieux by Computing Reviews Affordable, key collection of the most significant papers by A.M. Turing Commentary explaining the significance of each seminal paper by preeminent leaders in the field Additional resources available online

A 100-Book Reading Diary for Bibliophiles

Success Journal / Sunny Pink

Track Your Past, Order Your Present, Plan Your Future

For Teachers in Technical and Professional Programs

Kurt Cobain

A Journal for Leaving Your Bullsh*t Behind and Creating a Happy Life

A 365-Day Companion

Mathematical Analysis of Infectious Diseases updates on the mathematical and epidemiological analysis of infectious diseases. Epidemic mathematical modeling and analysis is important, not only to understand disease progression, but also to provide predictions about the evolution of disease. One of the main focuses of the book is the transmission dynamics of the infectious diseases like COVID-19 and the intervention strategies. It also discusses optimal control strategies like vaccination and plasma transfusion and their potential effectiveness on infections using compartmental and mathematical models in epidemiology like SI, SIR, SICA, and SEIR. The book also covers topics like: biodynamic hypothesis and its application for the mathematical modeling of biological growth and the analysis of infectious diseases, mathematical modeling and analysis of diagnosis rate effects and prediction of viruses, data-driven graphical analysis of epidemic trends, dynamic simulation and scenario analysis of the spread of diseases, and the systematic review of the mathematical modeling of infectious disease like coronaviruses. Offers analytical and numerical techniques for virus models Discusses mathematical modeling and its applications in treating infectious diseases or analyzing their spreading rates Covers the application of differential equations for analyzing disease problems Examines probability distribution and bio-mathematical applications

A time-efficient journal that feels like an app, but with the science-based mental advantage of pen to paper interaction. We spend so much time on our digital devices, it's important that we also maintain a daily habit of physically writing out our thoughts, feelings, intentions, reflections, goals, and desires to boost our mood, release stress, and increase our creativity and mental flow. In this 60-day journal, you'll discover HOW to harness the power of positivity, train your mind, and improve your life. Each entry is quick, yet powerful - only 3 minutes in the morning and 3 minutes in the evening - to keep you on track with your mindset, health, and goals. In addition to daily quotes, prompts and activities, this journal features recurring "check-ins" related to gratitude, affirmations, mental health, physical health, goals, and wins to help you feel more positive no matter what is happening around you. Fall in love with the feeling of setting up your day for positivity. 3 Minute Positivity Journal is created by Kristen Butler, the Founder of the popular online community, Power of Positivity, which continues to serve its community of over 50 million with uplifting content and transformative tools. Kristen shares the tools and mindset strategies that have helped her go from depressed and broke - literally broken - to happy, thriving and whole. Share your positivity journey with hashtag #positivityjournal for support and a chance to be featured. Don't let negativity,

stress, self doubt, and procrastination get in the way of your best life. Happiness is only a few daily habits away.

Not since the printing press has a media object been as celebrated for its role in the advancement of knowledge as the scientific journal. From open communication to peer review, the scientific journal has long been central both to the identity of academic scientists and to the public legitimacy of scientific knowledge. But that was not always the case. At the dawn of the nineteenth century, academies and societies dominated elite study of the natural world. Journals were a relatively marginal feature of this world, and sometimes even an object of outright suspicion. The Scientific Journal tells the story of how that changed. Alex Csiszar takes readers deep into nineteenth-century London and Paris, where savants struggled to reshape scientific life in the light of rapidly changing political mores and the growing importance of the press in public life. The scientific journal did not arise as a natural solution to the problem of communicating scientific discoveries. Rather, as Csiszar shows, its dominance was a hard-won compromise born of political exigencies, shifting epistemic values, intellectual property debates, and the demands of commerce. Many of the tensions and problems that plague scholarly publishing today are rooted in these tangled beginnings. As we seek to make sense of our own moment of intense experimentation in publishing platforms, peer review, and information curation, Csiszar argues powerfully that a better understanding of the journal's past will be crucial to imagining future forms for the expression and organization of knowledge.

The breadth of the pharmaceutical medicine can be daunting, but this book is designed to navigate a path through the speciality. Providing a broad overview of all topics relevant to the discipline of pharmaceutical medicine, it gives you the facts fast, in a user-friendly format, without having to dive through page upon page of dense text. With 136 chapters spread across 8 sections, the text offers a thorough grounding in issues ranging from medicines regulation to clinical trial design and data management. This makes it a useful revision aid for exams as well as giving you a taster of areas of pharmaceutical medicine adjacent to your current role. For healthcare professionals already working in the field, this book offers a guiding hand in difficult situations as well as supplying rapid access to the latest recommendations and guidelines. Written by authors with experience in the industry and drug regulation, this comprehensive and authoritative guide provides a shoulder to lean on throughout your pharmaceutical career.

Get Untamed

The Future of the Academic Journal

52-Week Mental Health Journal

Journals No Lines

Productive Tensions

Eat, Pray, #FML

Silk Tree of Life Journal

'A comprehensive, well-written and beautifully organized book on publishing articles in the humanities and social sciences that will help its readers write forward with a first-rate guide as good company.' – Joan Bolker, author of *Writing Your Dissertation in Fifteen Minutes a Day*

'Humorous, direct, authentic ... a seamless weave of experience, anecdote, and research.' – Kathleen McHugh, professor and director of the UCLA Center for the Study of Women Wendy Laura Belcher's *Writing Your Journal Article in Twelve Weeks: A Guide to Academic Publishing Success* is a revolutionary approach to enabling academic authors to overcome their anxieties and produce the publications that are essential to succeeding in their fields. Each week, readers learn a particular feature of strong articles and work on revising theirs accordingly. At the end of twelve weeks, they send their article to a journal. This invaluable resource is the only guide that focuses specifically on publishing humanities and social science journal articles.

*Discover the ambition of your inner Slytherin with this yearlong guided journal inspired by the beloved Harry Potter films. In the Harry Potter films, students sorted into the house of Slytherin are known for their ambition, cunning, and resourcefulness. Now, fans of the iconic film series can embrace their inner Slytherin with this deluxe guided journal. Featuring classic Slytherin iconography, this yearlong journal includes a mixture of one-line-a-day activities, lists, and free-writing prompts to help fans tap into and develop the key trait that makes Slytherins so special: their ambition. With film quotes from famous Slytherins throughout and prompts and activities inspired by key scenes from the movies, *From the Films of Harry Potter: Ambition: A Guided Journal for Embracing Your Inner Slytherin* offers Harry Potter fans a space for self-reflection, evaluation, and empowerment inspired by the movies they love.*

*What gives you joy? This beautiful journal from His Holiness the Dalai Lama and Archbishop Desmond Tutu gives you all the space you need to notice and record what gives you joy. Arranged as a 365-day companion, it prompts you with inspiring quotes from *The Book of Joy* to help transform their joy practices into an enduring way of life. It is the perfect companion for *The Book of Joy*'s many passionate readers as well as the perfect gift for anyone looking to live a more joyful. Share the joy!*

Originally published: Silver Spring, Md.: National Association of the Deaf, 1981.

A Guided Journal for Embracing Your Inner Slytherin

Life, Journals and Correspondence of Rev. Manasseh Cutler, LL. D.

An Easy & Proven Way to Build Good Habits & Break Bad Ones

Notebook

How Every Leader Can Tackle Innovation's Toughest Trade-Offs

The Bullet Journal Method

Teaching with Writing

Keep your secrets and dreams under lock and key with this padded journal! In *Disney Princess: Book of Secrets*, children can record and lock away their own dreams, secrets, and wishes. This padded journal includes a variety of activities that spark creativity as children write down their thoughts and memories on paper alongside the Disney Princesses. From writing fairy tales to insider secrets from Moana, Ariel, Belle, Jasmine, and Cinderella, children can express themselves and keep their hopes and dreams safely locked away. The book includes all of the princesses signatures, too!

What to read next is every book lover's greatest dilemma. Nancy Pearl comes to the rescue with this wide-ranging and fun guide to the best reading new and old. Pearl, who inspired legions of litterateurs with "What If All (name the city) Read the Same Book," has devised reading lists that cater to every mood, occasion, and personality. These annotated lists cover such topics as mother-daughter relationships, science for nonscientists, mysteries of all stripes, African-American fiction from a female point of view, must-reads for kids, books on bicycling, "chick-lit," and many more. Pearl's enthusiasm and taste shine throughout.

Includes booklet entitled: Choose your own bookbinding adventure.

The action-oriented *Success Journal* provides a beautifully designed and fully organized space to determine your goals, break them into achievable steps, and record your progress. Matthias Hechler developed the *Success Journal* as a result of his own personal discovery adventure, after finding that he didn't need a standard planner/calendar or have time to do long mindfulness exercises included in other journals. This journal contains only one, quick morning routine to perform and includes concise prompts for each day. Set your goals in the first section, then get started on them in the structured daily journaling pages that follow. The goal-setting part of the journal helps you find your personal values, set your goals, create a life vision, and get a clearer idea of who you are and what you want. It serves as a launchpad and base camp of how to work, record, and achieve what you want. You'll learn how to visualize and evaluate goals, track habits, and create wish lists. The daily journaling pages provide space to answer reflection questions, think, and record your daily goals. Prompts include: How do I feel today? What will I do today to achieve my goal? What can I do for other people today? What makes me grateful and happy? Weekly, monthly, and quarterly reviews are incorporated into the pages to help you accomplish your long-term goals. Get your life on track with the *Success Journal*.

(Penguin Classics Deluxe Edition)

My Book Journal

With Annotations

My Reading Life

Recommended Reading for Every Mood, Moment, and Reason

Designing & Using Handmade Books

Writing Your Journal Article in Twelve Weeks

Let go of your worries and take back your life with journaling prompts that help overcome anxiety developed by a psychologist with expertise in CBT and DBT therapies. As a teen or young adult, things like school work, social media, and navigating friendships can bring tons of stress, and you may often feel anxious and overwhelmed. That's why Psychologist Terri Bacow, Ph.D., developed this book with fun and accessible writing exercises designed to diminish worries, insecurities, fears, conflicts, and stressors just for your unique issues. Even better, you will learn practical coping skills that you can use whenever you feel anxious. • 100+ journaling prompts that offer space to write down your worries and release your anxious feelings • 40+ CBT- and DBT-based strategies to help you challenge worry thoughts and conquer anxiety-inducing thinking patterns • 50+ practical tools, including coping strategies and supportive statements that you can use whenever you feel worry starting to take hold These coping skills include highly effective strategies to reduce anxiety, incorporating cognitive-behavioral therapy (CBT), dialectical behavior therapy (DBT), and other scientifically based therapy approaches. Say goodbye to anxiety and enjoy your life!

Love books? Then indulge your passion in this journal! Along with space to record your thoughts on 100 books, it offers a monthly book challenge, a wish list of books to read, suggestions for don't-miss classics, and book-club questions. Plus, there are fun lists to fill out with your 10 favorite characters, favorite childhood books, 10 books you'd bring to a desert island, and more.

Keep track of your book club selections and record your latest literary adventures with this reading journal to stay organized for your next meeting! Book clubs are a great way to read new books and discover different genres and new topics that you may not be too familiar with. You can share your thoughts in a social setting and enjoy interesting conversations that might open your eyes to other opinions about the book. But all too often we forget the best details once the book is finished and put back on the shelf. With *The Book Club Journal*, you can collect and remember all your important thoughts and feelings so that you can reflect on them for future meetings or rereadings. Made specifically for book club members, this journal has prompts for all the basic book stats, such as the title, author, and who suggested the book, along with book club specific questions like "How does this book compare with the titles we have read previously?" This fun and useful journal also includes reference pages with lists of classic book club must-reads, and room for you to create your very own to-read list.

It's not easy getting published, but everyone has to do it. Writing for Peer Reviewed Journals presents an insider's perspective on the secret business of academic publishing, making explicit many of the dilemmas and struggles faced by all writers, but rarely discussed. Its unique approach is theorised and practical. It offers a set of moves for writing a journal article that is structured and doable but also attends to the identity issues that manifest on the page and in the politics of academic life. The book comprehensively assists anyone concerned about getting published; whether they are early in their career or moving from a practice base into higher education, or more experienced but still feeling in need of further information. Avoiding a e-tips and tricks approach, which tends to oversimplify what is at stake in getting published, the authors emphasise the production, nurture and sustainability of scholarship through writing e" a focus on both the scholar and the text or what they call text work/identity work. The chapters are ordered to develop a systematic approach to the process, including such topics as: The writer The reader What's the contribution? Beginning work Refining the argument Engaging with reviewers and editors Writing for Peer Reviewed Journals uses a wide range of multi-disciplinary examples from the writing workshops the authors have run in universities around the world: including the UK, Canada, Australia, New Zealand, Ireland, South Africa, Norway, Sweden, Denmark and the United States. This international approach coupled with theoretically grounded strategies to guide the authoring process ensure that people at all stages of their career are addressed. This lively book uses a combination of personal stories, student texts, published journal abstracts and excerpts from interviews with journal editors and publishers. Written in an accessible style, one which does not use the patronising e-youe(tm) of advice books, it offers a collegial approach to a task which is difficult for most scholars, regardless of their years of experience.

Daily Prompts and Exercises for Navigating the Loss of Your Mother

Authorship and the Politics of Knowledge in the Nineteenth Century

Writing for Peer Reviewed Journals

Boost Your Mood. Train Your Mind. Change Your Life

Disney Princess: Book of Secrets

A Narrative History of Deaf America

Pharmaceutical Medicine

This stylish journal created exclusively for book lovers includes custom reading lists, charming literary quotes, and plenty of room to record what you've read and what you'd love to read. "Books are knowledge. Books are reflection. Books change your mind."--Toni Morrison
Designed by a book lover for book lovers, My Reading Life is the ideal companion for all your literary adventures. Anne Bogel, better known online as The Modern Mrs. Darcy, provides you with insightful reading lists for every popular genre and each season. She even helps you determine the kinds of books you'd most like to read based on your interests. You'll also appreciate the sleek, compact design, perfect for taking on the go to the library, bookstore, or your next book club gathering. So much more than just a journal, this book is a joyful celebration of the written word, one that will significantly enrich every day of your reading life.

How leaders can recast innovation's toughest trade-offs--efficiency vs. flexibility, consistency vs. change, product vs purpose--as productive tensions. Why is leading innovation in today's dynamic business environment so distressingly hit-or-miss? More than 90 percent of high-potential ventures don't reach their projected targets. Surveys show that 80 percent of executives consider innovation crucial to their growth strategy, but only 6 percent are satisfied with their innovation performance. Should leaders aim for Steve Jobs-level genius, shower their projects with resources, or lean in to luck and embrace uncertainty? None of the above, say Christopher Bingham and Rory McDonald.

Drawing on cutting-edge research and probing interviews with hundreds of leaders across three continents, in Productive Tensions Bingham and McDonald find that the most effective leaders and successful innovators embrace the tensions that arise from competing aims: efficiency or flexibility? consistency or change? product or purpose? Bingham and McDonald spotlight eight critical tensions that every innovator must master, and they spell out, with dozens of detailed examples of both success and failure, how to navigate them. How do you excite customers about a product they've never imagined? When is it wise to accept what the data is telling you, and when should you ignore the data and plow forward anyway? How can you maintain stakeholders' trust and support during radical unforeseen course corrections? Bingham and McDonald guide readers through innovation's thorniest tensions, using examples drawn from the experience of organizations as varied as P&G, Instagram, the US military, Honda, In-N-Out Burger, Slack, Under Armour, and the snowboarding company Burton.

To clarify how writing across the curriculum improves learning across the curriculum, this book provides an overview of the current state of writing instruction at the secondary and college levels as it applies to teaching in the content areas. Each chapter contains practical ideas for using writing in the classroom, along with a discussion of the theories on which these ideas are based. In keeping with the hands-on

nature of the book, workshop materials are provided at the end of every chapter, including invitations to write journals, workshop exercises, handouts and worksheets, and teacher and student responses to workshop experiences. Chapter topics are arranged in the same order as they might be discussed at an interdisciplinary writing workshop, though each stands as a relatively independent essay.

ON SALE NOW – JUST \$6.99 The "Classic No Lines (Bright Pink Cover) Journal Edition" was designed with simplicity in mind. The book contains over 100 blank pages with more than enough room to write anything your heart desires. PLEASE NOTE: If the color or design of the front cover is not to your taste, please browse my other "Journal" creations to find a more suitable alternative. Yours Sincerely Matthew Harper

A Guide to Academic Publishing Success

Book Lust

Strategies for Getting Published

Goodbye, Anxiety

Tree of Life Artisan Journal

The Book of Joy Journal

Art Journals and Creative Healing

Keith Haring is synonymous with the downtown New York art scene of the 1980's. His artwork—with its simple, bold lines and dynamic figures in motion—filtered in to the world's consciousness and is still instantly recognizable, twenty years after his death. This Penguin Classics Deluxe Edition features ninety black-and-white images of classic artwork and never-before-published Polaroid images, and is a remarkable glimpse of a man who, in his quest to become an artist, instead became an icon. For more than seventy years, Penguin has been the leading publisher of classic literature in the English-speaking world. With more than 1,700 titles, Penguin Classics represents a global bookshelf of the best works throughout history and across genres and disciplines. Readers trust the series to provide authoritative texts enhanced by introductions and notes by distinguished scholars and contemporary authors, as well as up-to-date translations by award-winning translators.

The #1 New York Times bestseller. Over 4 million copies sold! **Tiny Changes, Remarkable Results** No matter your goals, **Atomic Habits** offers a proven framework for improving—every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to:

- make time for new habits (even when life gets crazy);
- overcome a lack of motivation and willpower;
- design your environment to make success easier;
- get back on track when you fall off course; ...and much more.

Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits—whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

176 lined pages. 5" wide x 7" high (12.7 cm wide x 17.8 cm high). Bookbound, faux leather cover. Ribbon bookmark. Elastic band place holder. Acid-free, archival paper. Inside back cover pocket. Add elegance to your writing with these beautiful journals, featuring intricate designs, decorative stitching, and embossing on faux leather.

2 inside patterns : Lined, Blank No Lined with 60 pages per each, total 120 Pages - Perfect size at 8.5"x 11" -Perfect Size for notebook, to-do list, and summarized what you have realized each day. Easy writing and smooth paper is perfected for pen and pencil noted. - Get your journal today! Motivational adults Journal blank pages Journal Book Journal Book For Kids Journal Book For Women Journal Books Notebook Journal Boys Journal For Teens Journal For Writing Journal Lined Pages Journal Lined Paper Journal Men Journal Notebook Journal Notebook For Men Journal Notebook for Women Journal Ruled Journal Vintage Journal Writing Journals and Notebooks Journals For Girls Journals For Men Journals For Women Journals For Writing Journals To Write In Journals To Write In For Girls Journals To Write In For Kids Journals To Write In For Men Journals To Write In For Women Journals To Write In Lined Pages Pretty Journals For Pretty Girls.

Persian Grove Journal

St Bernard: Pocket Notebook Journal Diary, 120 Pages, 8.5" X 11" (Notebook Lined, Blank No Lined)

All the Books You've Read, Loved, & Discussed

A Guided Journal for Overcoming Worry (A Guided Workbook for Teens and Young Adults with CBT Skills and Journal Prompts)

Guided Prompts and Self-Reflection to Reduce Stress and Improve Wellbeing

A Productivity Goal Planner

Keith Haring Journals

The system combines elements of a wishlist, a to-do list, and a diary. It makes it easy to get thoughts out of your head and onto paper, to see them clearly and decide what to do about them

A beautiful, artistic offering that offers projects on challenging, but universal subjects. In follow up to Faith Books & Spiritual Journaling, author Sharon Soneff will continue to show that there is a richer, deeper reward to artistic, creative journals beyond the beauty they supply. In this new volume, Art Journals & Creative Healing, she demonstrates with real excerpts from beautiful and unusual artistic journals that the process of journaling can be a tool in navigating through some of life's more challenging seasons, as well as a tool to support personal growth and achievement. Challenging and complex experiences are treated with dignity and sensitivity, and will inspire readers dealing with their own issues, by placing the greater emphasis on the positive outcome that was yielded for the artist who is willing to be vulnerable in the process. Hope, growth, and healing are at the center of each work, and help deliver the message of the book.

Additionally, the ideas, artistic approaches, and resources provided by the author and numerous contributing artists will help the reader with creative ideas for working through various situations through their reflective and artistic journal keeping. Through a marriage of beautiful imagery, uplifting and literary quotations, and other rich sources, Art Journals & Creative Healing offers its audience a full-bodied experience pertaining to creative journals, along with journaling worksheets and journal prompts to help readers get started with their own journals. Specific topics to be addressed would include using mediums as metaphors, journaling for cathartic expression, gaining wisdom through introspection and reflection, finding strength in the midst of suffering, and finding beauty in pain. Art Journals & Creative Healing is a supportive and encouraging text offered as a creative companion of sorts for those traversing over the obstacles and overcoming the challenges of life.

This journal's cover reproduces an Ottoman-era Turkish silk hanging. The ornate design was first drawn on cloth in ink, then embroidered with fine silk thread to bring the flowering tree to life. Gold foil, embossed, gold gilded edges. 192 lined pages - 7-1/4" wide x 9" high (18.4 cm wide x 22.9 cm high) - Bookbound - Ribbon bookmark - Hardcover books lie flat for ease of use.

Nurture your well-being through a year of journaling and self-reflection Guided journaling is a simple but powerful tool. It can help you attend to your emotional needs, boost your mood, and set goals both big and small. With a focused prompt for every day of the year, the 52-Week Mental Health Journal helps you navigate four core pillars of good mental health--calm and resiliency, connection and engagement, goals and purpose, and healthy living--so you can thrive in every area of your life. This yearlong mental health journal includes: Quick and effective prompts--Take just a few minutes each day to reduce stress, increase your connection to others, and find deeper meaning in your life. Evidence-based methods--The exercises in this mental health journal are rooted in research-supported techniques like mindfulness and cognitive behavioral therapy. Inspiring quotes--Find wisdom and motivation with poignant words from philosophers, artists, writers, and more. Discover a clear path to improved well-being with the 52-Week Mental Health Journal.

The Scientific Journal

Mathematical Analysis of Infectious Diseases

The Book Club Journal

Journals of Ralph Waldo Emerson

Alan Turing: His Work and Impact

The Journal (How to Quit Pleasing and Start Living)

A Book Journal

Susan Gardner and Toby Fulwiler extend high-quality guidance in journal writing to teachers in technical and professional programs.

Work through the grief of losing your mom with daily prompts for adult daughters Losing your mother can feel like a tidal wave of grief that knocks the breath out of you--but with time and the right tools, you can begin to heal. No matter what kind of relationship you had with your mom or where you are in the grieving process, this guided mother-daughter journal provides daily wisdom and writing prompts to help you reflect on your loss, move forward, and thrive again. Find support after loss--Cope with difficult emotions and experiences following the loss of your mother, from immediately afterward to months and years into the future. Discover a path forward--Explore ways to keep your mother-daughter connection alive and move on without letting go. Journal your own way--There's no right or wrong way to grieve--complete this journal from start to finish, or jump to the prompts that are most relevant to you. Navigate your grief with help from the supportive prompts in this mom memory journal for adult daughters.

"What does a woman do when her life has fallen apart and her heart has been ripped out and stepped on twice in two months? She goes on a wild adventure, makes some bad decisions, and does a sh*t load of soul searching. But most importantly? She finds out how to love ... herself"--Back of book

With Let That Sh*t Go Journal, you'll find moments of profanity-laced catharsis and joy through journaling activities and inspirations that are positive as f*ck. Within these truly charming pages, you'll find ways to let go of the bullsh*t and lift your spirit a little f*cking higher.

3 Minute Positivity Journal

Restoring the Spirit Through Self-Expression

Deaf Heritage

Gratitude One Line a Day

Atomic Habits

A Daughter's Grief Journal

The Journal Book