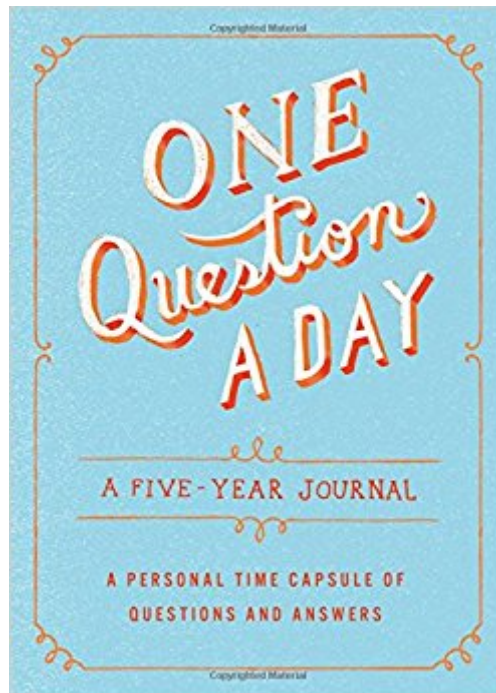




The book was found

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

Publisher: Castle Point Books; Gjr edition (October 18, 2016)

Language: English

ISBN-10: 1250108861

ISBN-13: 978-1250108869

Product Dimensions: 5.1 x 7.3 inches

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).

[Download to continue reading...](#)

One Question a Day: A Five-Year Journal: A Personal Time Capsule of Questions and Answers
The Ultimate Capsule Wardrobe Guide : How to Find Your Personal Style & Build a Smart Wardrobe (Wardrobe Essentials, Personal Style for Women) Interview: The Art of the Interview: The Perfect Answers to Every Interview Question (Interview Questions and Answers, Interviewing, Resume, Interview Tips, Motivational Interviewing, Job Interview) QBQ! The Question Behind the Question: Practicing Personal Accountability at Work and in Life Time Capsule: A seriously awesome kid's journal 100 Questions (and Answers) About Research Methods (SAGE 100 Questions and Answers) 100 Questions & Answers About Lung Cancer (100 Questions and Answers) Questions and Answers: Remedies (Questions & Answers) Jewish Answers to Medical Questions: Questions and Answers from the Medical Ethics Department of Chief Rabbi of Great Britain The Muhammad Ali Parkinson Center 100 Questions & Answers About Parkinson Disease (100 Questions & Answers) Questions & Answers About Human Papilloma Virus (HPV) (100

Questions & Answers about) 365 Journal Writing Ideas: A year of daily journal writing prompts, questions & actions to fill your journal with memories, self-reflection, creativity & direction. Bullet Journal: 150 Pages Cactus Pattern Dotted Journal - 8"x10" (Bullet Journal Notebook) - With Bullet Journal Ideas: Bullet Journal Notebook (Volume 1) Bullet Journal: Cactus Green Dotted Journal - 150 Pages (Size 8"x10") - Bullet Journal Notebook - With Bullet Journal Ideas: Bullet Journal Notebook (Volume 2) Coaching Elementary Soccer: The easy, fun way to coach soccer for 6-year-olds, 7-year-olds, 8-year-olds, 9-year-olds, and 10-year-olds (kindergarten, first-grade, second-grade, and third-grade) Capsule Wardrobe: Discover Your Personal Style And Create Your Dream Wardrobe Capsule Wardrobe: How to Build a Smart Wardrobe and Personal Style A Step by Step Guide to Minimalism Secrets of the Capsule Wardrobe: How to Find Your Personal Style & Create a Happy, Confident Closet! 100 Questions: Super-Handy Practice Book by Citizenship Basics for the U.S. Citizenship/Naturalization Interview/Test: 100 Civics Questions & Answers and Questions-Only: The Best Way to Study! Colombia: A Question and Answer Book (Questions and Answers: Countries)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)