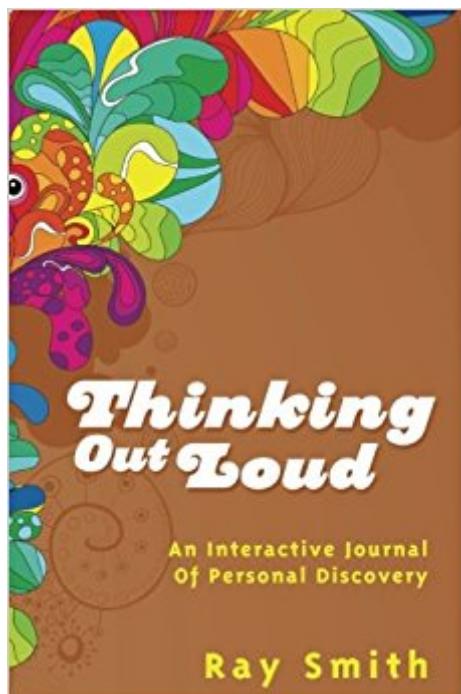


The book was found

Thinking Out Loud: An Interactive Journal Of Personal Discovery



Synopsis

Thinking Out Loud -- An Interactive Journal Of Personal DiscoveryÂ » Have you been waiting for some good news? Â » Would you invest 20-minutes/week for a better life?Â » Are you ready to accept your past and create your future?Â If so, you're in luck. You're only 52-weeks away from being a better, more fulfilled you!Â Thinking Out Loud is a year-long interactive journal that has been specifically developed to help you discover your true self, who you aspire to be and what you want out of life.Â Brooklyn-born author Ray Smith has used his personal experiences along with those of the people closest to him to compile a journal that is effectively breaking barriers and forcing you to think about your life like never before.Â The pages contained within this one-of-a-kind journal offer 52 unique writing prompts accompanied by motivational quotes, tips and inspirational words of advice.Â Follow-along and fill out the prompts each week at your own pace. While doing so, you should focus on where you want to be and how you want to achieve your goals as it pertains to love, life, acceptance and happiness.Â If you're finally ready to take the challenge and dive deep into the world of self-discovery, go ahead and grab your copy today!

Book Information

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Customer Reviews

The second of three sons to Joan and Russell Smith, Ray was born and raised in Brooklyn, NY. But these days you will find him and his wife (Monica) living the dream in sunny Southern California.Â Ray put this nifty little journal together to help others reflect on their past,Â accept their present and create their future.

I ordered this journal because of the catchy title, though I don't like the cover. When I opened it for the initial flip thru I found myself captivated by the thought provoking quotes... fascinated by my own responses. The activity/assignment that follows the quote is intuitive...begging for a response. I'm using the journal to give my thoughts license.. to see my voice in print. When we understand that thoughts are unspoken words...and that words have creative power we owe it to ourselves and humanity to give voice to our thoughts.... We might just help (ourselves) somebody....if we help anybody..."then our living will not be in vain" This journal initiates the first step to putting it out there.

My mind is often overwhelmed with 1001 thoughts of doubt & fear. Thinking out Loud is allowing me to think a little deeper about life (my life). See how far I've come and how far I have to go.

Challenges me to make better decisions, that will have long term affects on my life. This Journal has exceeded my expectations by far. Highly recommended -Shand C.

I appreciate journals that give me a jump start with an idea and I can take it from there. This was exactly what I expected and got from Thinking Out Loud.

Great book! Well worth the buy. Taking the time to follow the steps. Looking forward to working my way through the entire book.

Great read and extremely helpful!!!. I love this book. I will be getting a few more copies and giving them for gifts.

This is a great book it made me reflect on things I take for granted. I highly recommend it.

Beautiful, thought provoking journal!

I originally was buying this for a few females in my family and decided I needed one too. One of the pages asked List everyone you Trust unconditionally. It just got me thinking.

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