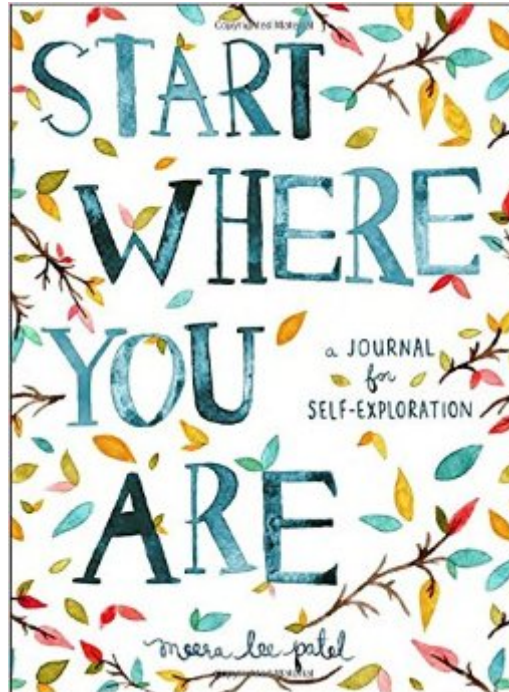


The book was found

Start Where You Are: A Journal For Self-Exploration



Synopsis

Start Where You Are is an interactive journal designed to help readers nurture their creativity, mindfulness, and self-motivation. It helps readers navigate the confusion and chaos of daily life with a simple reminder: that by taking the time to know ourselves and what those dreams are, we can appreciate the world around us and achieve our dreams. Featuring vibrant hand-lettering and images that have attracted a large following for her stationery and textile line in boutiques across the country, Meera Lee Patel's uplifting book presents supportive prompts and exercises along with inspirational quotes to encourage reflection through writing, drawing, chart-making, and more. Featuring inspiring quotes from writers, artists, and other visionaries paired with open-ended questions and prompts, with plenty of room for writing and reflecting, this appealing full-color book will make a perfect gift and keepsake as well as being a powerful tool for positive change.

Book Information

Journal: 128 pages

Publisher: TarcherPerigee (August 11, 2015)

Language: English

ISBN-10: 0399174826

ISBN-13: 978-0399174827

Product Dimensions: 5.2 x 0.4 x 7.5 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars See all reviews (246 customer reviews)

Best Sellers Rank: #372 in Books (See Top 100 in Books) #1 in Books > Self-Help > Journal

Writing #4 in Books > Self-Help > Creativity #8 in Books > Self-Help > Self-Esteem

Customer Reviews

I ordered 2 of these journals for both of my nieces, ages 17 and 14. When I was growing up, I loved journals like this one. I think it's important that teenagers explore their hopes and dreams and innermost thoughts, and it's even better if they put it on paper. Now that I'm 30, I have so many journals like this one to look back on. I cringe at some of the comments I wrote in those things, but I also smile and become teary-eyed at others. It's fascinating to look back at some of my dreams and to realize I've accomplished them and to marvel at the unique path my life has taken. I wanted to give both of my nieces a similar experience. I didn't want to buy them something that they'll use for a year or so and toss out when something new and more exciting comes along. I thought that this would make a perfect gift because it's something that hopefully they keep for years and can reflect

back on as adults. I've included a note in each journal that says something to that extent and lets them know how proud I am of both of them and that I love them. Now on to the book itself - first off, the artwork is gorgeous. Some of the drawings (they're more like paintings) are absolutely frame-worthy. They appeal to both adult women and teens because they're somewhat whimsical while still giving off a modern feel. The colors are so vivid and bright, they almost jump out at you. The quotes are all very thought-provoking. And the prompt questions really got me thinking myself... so often in life, we forget to explore ourselves, to ask ourselves important questions. We get caught in the rat race, in our everyday hectic schedules and we lose ourselves. Even though I bought this journal for my teenage nieces, it's certainly something that I'd consider purchasing for myself as well.

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