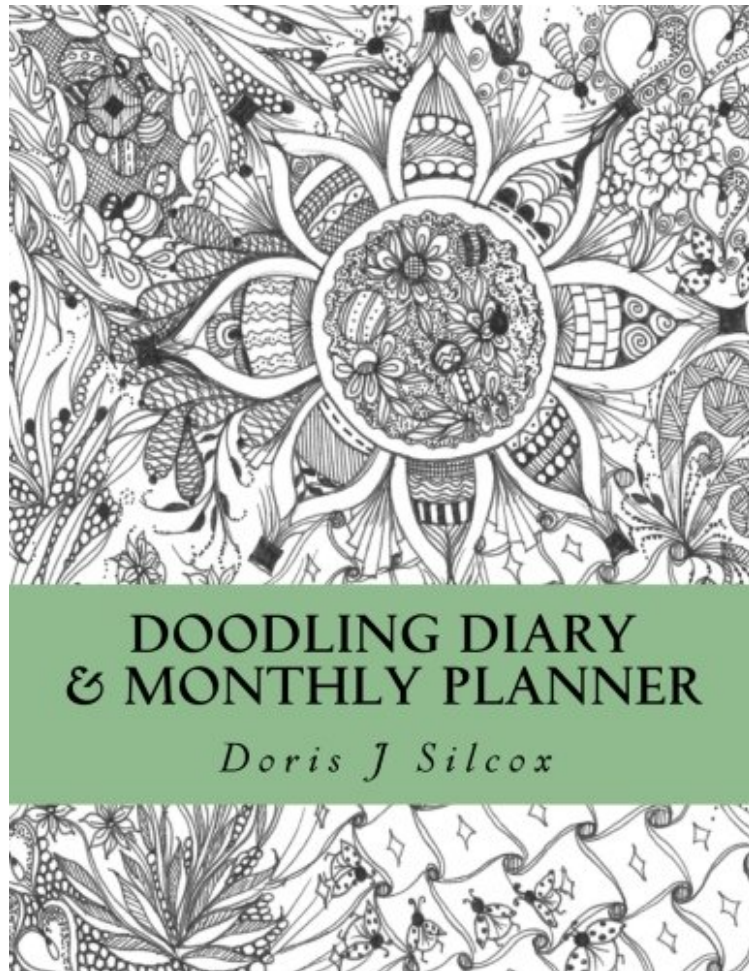


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Doodling Diary Monthly Planner: A Creative and Inspirational Diary For Your Thoughts, Notes, Dates Fun

Doris J Silcox

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Doris J Silcox : Doodling Diary Monthly Planner: A Creative and Inspirational Diary For Your Thoughts, Notes, Dates Fun before purchasing it in order to gauge whether or not it would be worth my time, and all praised Doodling Diary Monthly Planner: A Creative and Inspirational Diary For Your Thoughts, Notes, Dates Fun:

I invite you to order my "Doodling Diary Monthly Planner." As you begin to capture your daily thoughts and coloring the Zen-Doodle pages, I believe you will find the practice generates wellness, quietness and also stimulates brain areas related to motor skills, the senses and creativity. In addition to journaling you will have the opportunity to

deliberately relax and intentionally direct your attention while coloring and creating your own beautiful works of art. As for me, I find it very gratifying when others express how empowering and uplifting it is to journal and color at the same time. Many have expressed that they find it to be a way to de-stress and experience a sense of well being. They have also indicated that it unlocks memories of simpler times during their childhood. I have listed below just a few of the many benefits to be enjoyed from practicing the Zentangle / Zen-Doodle Method and journaling. • Insomnia reduced • Inspiration increased • Teaches you how to write stories • Helps to sooth troubled memories • Captures personal stories • Stimulates personal growth • Stimulates relaxation • Create beautiful works of art • Nurture and develop creative abilities • Develop/rehabilitate fine motor skills • Increase attention span/concentration • Design inspiration With that intent in mind, I invite you to order my Doodling Diary and Monthly Planner and begin creating your own experience.