



Do One Thing Every Day That Centers You: A Mindfulness Journal

By Robie Rogge, Dian G. Smith

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A guide filled with advice and prompts for reflection, helping you appreciate your experiences and adding extra meaning to your life.

Daily life is frenzied. We know we should slow down, but recognizing the opportunities to do so can be tough. This journal will guide you to appreciate the places, people, and experiences that give peace to your mind, solace to your body, and meaning to your life.

Throughout, sage advice from artists to athletes to business leaders along with suggested activities and reflections will help you to be more present and aware. Record a year's worth of your daily intentions and introspections, and by the end you may even find the elusive center.

This journal is perfect for recent graduates, milestone birthdays, or as a year-end holiday gift to kick off "New Year, New You" projects.

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Editorial Review

About the Author

ROBIE ROGGE is New York City-based packager who has created guided journals for Chronicle Books and the Museum of Modern Art. **DIAN SMITH** is a freelance writer and public school teacher.

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