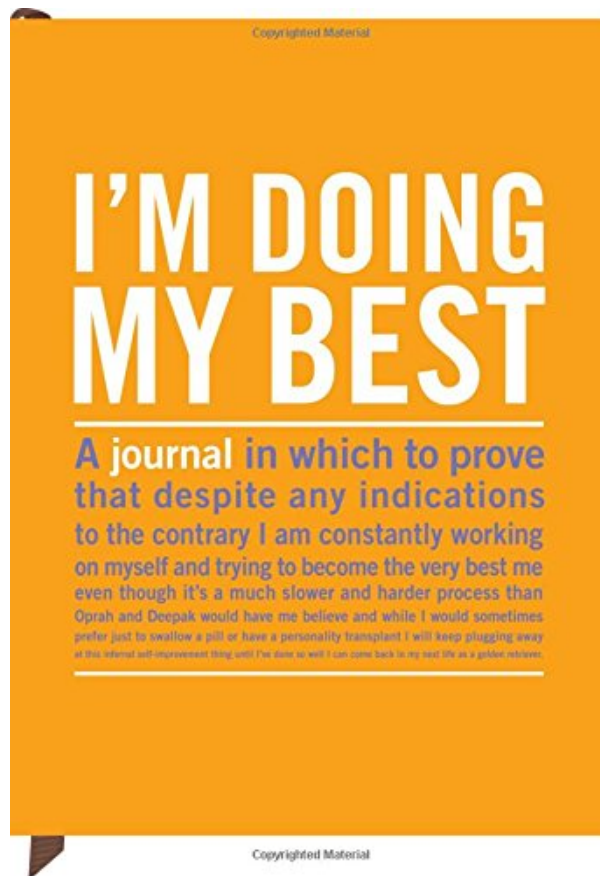


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**A journal in which to prove that despite any indications to the contrary I am constantly working on myself and trying to become the very best me even though it's a much slower and harder process than Oprah and Deepak would have me believe and while I would sometimes prefer just to swallow a pill or have a personality transplant I will keep plugging away at this infernal self-improvement thing until I've done so well I can come back in my next life as a golden retriever.**

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- Binding: Paperback
- 160 pages

## Features

- I'm Doing My Best is a journal in which to prove that despite any indications to the contrary you are constantly working on yourself
- Great for both perfectionists and failures
- Paperback; 7 x 9.5 inches; 160 pages
- Features over 70 thought-provoking quotes from fellow self-improvers
- Playful prompts inspire you to tell it like it is

## Most helpful customer reviews

16 of 16 people found the following review helpful.

My companion to life coaching sessions

By Amazon Customer

I absolutely am in love with this journal. I have always been the type of person who loves the idea of journaling, but then never follows through after a few weeks. I think what makes it psychologically so easy with this journal is that you only really need to do one page a day, and the limited space per prompt makes "writing down your life" much less intimidating. The quotes are consistently thought and inspection-provoking and funny. I currently have a life coach who is helping me work through long-term depression and relationship issues, and I truly believe that my sessions are more effective because of this journal.

I love that at the bottom of each journal page, there are the three cups you can tick: full, half-full, and crumpled up and empty. It's a nice way of keeping track when and possibly why I feel defeated and incapable of confidently facing the day.

The colors are beautiful on each page, and the page is heavy stock and feels high quality. Love, love, love.

11 of 11 people found the following review helpful.

I love this

By Amber L. Harris

This whole journal just makes me laugh. And yet, it is full of truths. I have given it for gifts, (to the right

people), and it is always a hit.

2 of 2 people found the following review helpful.

Great for your insomniac friend

By soda man

Just gave this as a Christmas gift to an insomniac friend, and she loves it! It's a sleep journal with interesting quotes on each page. Each page has the quote on one side, and a blank lined page on the other for jotting down thoughts. I was considering whether to get this or the smaller version, but after receiving this in the mail I'm glad I opted for the larger full sized version. If you're afraid you won't fill up a page of material - don't worry, the lines are fairly well spaced and you **WILL** be able to fill out the page before you know it.

See all 64 customer reviews...

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