

Moleskine Address Large Large Hard Red Moleskine Srl

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Grids & Guides - Red - Collectif, 2015-09-01

Our bestseller is now available in red! Grids & Guides promises another 144 pages of varied and unusual graph paper (including some new grid designs), interspersed with more engaging charts and infographics--from knot tying to logic expressions--for right- and left-brainers alike. If your designs, notes, or other visual thinking need a splash of color, this is the answer. Encased in the same sturdy, cloth-wrapped cover, this time in a bright new shade.

How to Keep a Naturalist's Notebook - Susan Leigh Tomlinson 2009-10-01

A one-of-a-kind, art-filled how-to guide geared to wildlife students and naturalists, based on the author's college course Pages from actual field notebooks clearly illustrate what works and why Hints and advice for outdoorspeople with even limited artistic skills For nature-lovers, birders, and students of wildlife and biology, keeping a field notebook is essential to accurately recording outdoor observations. This unique guide offers instruction on how to do it--what to look for, what information should be recorded and how to organize it, basic drawing skills using line and color, and incorporating maps and charts, as well as advice on equipment to take in the field and using conventional field guides. A colorful book that will teach and inspire.

Moleskine How to Play with Letters - Moleskine 2018-04-11

The surprising, exciting and playful world of contemporary letter art is brought to life in this book. Berlin street artist RYLSEE takes us on a journey through the creative potential of lettering, showing the many facets of this fresh and powerful art form. This book is an ideal guide for anyone with an interest in cutting edge art and design.

Moleskine Ruled Notebook 7.5X10 Black - Moleskine 2013-08-06

The Moleskine Classic Ruled Extra Large Notebook is a stylish travel companion, perfect for writings, thoughts and passing notes. This black notebook has a cardboard bound cover with rounded corners, acid free paper, a bookmark, an elastic closure and an expandable inner pocket that contains the Moleskine history. Specifications: - Layout: Ruled Paper - Dimensions: 7-1/2" x 10" - Hard Cover with elastic closure and bookmark ribbon. - Color: Black - Pages: 192 - Paper Weight: 70 gsm/47 lb.; FSC Certified Paper; Acid-Free (pH Neutral) - Internal Accordion Pocket

Wherever You Go, Go With All Your Heart Artisan Journal - Inc. (CRT) Peter Pauper Press 2018-10

Add elegance to your writing with this beautiful journal, featuring decorative stitching, soft, leather-like cover material, and the inspiring quotation, "Wherever You Go, Go with All Your Heart" (Confucius). 176 writing pages provide plenty of space for personal reflection, creative writing, sketching, or jotting down favorite quotations or poems. Thick, smooth-finish paper takes a variety of pens or pencils beautifully. Light gray lines subtly guide your writing. Paper is acid-free and of archival quality. Tuck notes, mementos, and more into the back cover pocket, which expands for ease of access. Sturdy book bound-style binding. Journal features rounded corners for reduced wear. A matching elastic closure secures your writing. The cover design features images of mountains, a forest, and the sun, along with a repeating abstract wave pattern. An arrow with a heart underscores the quotation. Embossing adds texture and dimension. Includes complementary endpapers and a satin ribbon bookmark. Journal measures 5" wide x 7" high. Compact size fits easily into most bags and backpacks.

Moleskine Classic Notebook, Large, Ruled, Geranium Red, Hard Cover - 2015

Moleskine Star Wars VII Limited Edition Villain Trooper White Large Ruled Hard White - 2015

Letters for a Year of Gratitude - Lea Redmond 2018-10-02

Write Now. Keep in Touch Always. Cultivate Gratitude All Year Long. An Oprah's Favorite Things Pick for 2018 Letters for a Year of Gratitude will inspire you to send thoughtful, handwritten notes of appreciation to everyone in your life--from a good friend to a great aunt. Simply tear out your letter of choice, write your message inside, seal it with the included stickers, and add a postage stamp. Begin a gratitude practice today! Each letter is printed with a unique prompt like: What I appreciate about us... It was incredibly generous of you to... It's the little things, like when... From you, I learned the importance of... Included are 52 tear out-and-send letters that will inspire a year's worth of notes of love, appreciation, and thanks to be shared with loved ones and close friends. Secure each letter with the included 150+ stickers before sending a little gratitude to friends and family!

The Eclectic Magazine of Foreign Literature, Science, and Art - 1870

Standard Wirebound Manuscript Paper (Green Cover) - Hal Leonard Corp 1986-02

(Manuscript Paper). 96-page wirebound book; 12 staves per page; 8 1/2 x 11 ; Music Notation Guide.

Little Letters of Love - Lea Redmond 2018-08-14

These 75 tiny tear-out letters offer an easy and delightful way to express love. Folded into adorably small envelopes and sealed with the enclosed stickers, they're such a wonderful surprise when slipped into a loved one's pocket, shared with a Valentine, or bringing good cheer to a close friend.

The Big Book of Cidermaking - Christopher Shockey 2020-09-01

Best-selling authors and acclaimed fermentation teachers Christopher Shockey and Kirsten K. Shockey turn their expertise to the world of fermented beverages in the most comprehensive guide to home cidermaking available. With expert advice and clear, step-by-step instructions, The Big Book of Cidermaking equips readers with the skills they need to make the cider they want: sweet, dry, fruity, farmhouse-style, hopped, barrel-aged, or fortified. The Shockeys' years of experience cultivating an orchard and their experiments in producing their own ciders have led them to a master formula for cidermaking success, whether starting with apples fresh from the tree or working with store-bought juice. They explore in-depth the different phases of fermentation and the entire spectrum of complex flavor and style possibilities, with cider recipes ranging from cornelian cherry to ginger, and styles including New England, Spanish, and late-season ciders. For those invested in making use of every part of the apple, there's even a recipe for vinegar made from the skins and cores leftover after pressing. This thorough, thoughtful handbook is an empowering guide for every cidermaker, from the beginner seeking foundational techniques and tips to the intermediate cider crafter who wants to expand their skills.

Havard's Nursing Guide to Drugs - Adriana Tiziani 2010

The information presented in this user friendly guide can be accessed either by therapeutic class or by system. As with previous editions each drug is independently reviewed. Tiziani from Monash University.

Moleskine Passion Journal - Coffee, Large, Hard Cover (5 x 8.25) - Moleskine 2012-11-07

Part of the Passions range from Moleskine, the Coffee Journal is the ideal tool for coffee-lovers to document their favourite caffeinated drink. The cover and spine feature glossy black debossing and the notebook has themed flyleaves, a double expandable inner pocket and three ribbon bookmarks. There are several tabbed sections and adhesive labels for further personalisation.

Eclectic Magazine - John Holmes Agnew 1870

Moonlit Aspens Journal - Peter Pauper Press, Inc. 2018-07-04

Elegant cover treatments enhance journals] 160 lined pages] 6-1/4"

wide x 8-1/2" high (15.9 cm wide x 21.59 cm high)] Hardcover] Archival/acid-free paper. Featuring cover art by Melissa Graves Brown, who writes, Encourage your imagination and be inspired by color. Gold foil, embossed, gold gilded edges, ribbon bookmark.

Moleskine Squared Notebook Magenta Large - Moleskine 2013-02-06

Moleskine brings more color to its notebooks. This Magenta version of the classic Large Squared notebook is perfect for writings, thoughts and passing notes. The color-coded bands reveal the notebook's layout. The back of the paper banderole can be saved for later use. The ribbon, bookmark and expandable inner pocket match the cover color.

Specifications: - Layout: Squared Paper - Dimensions: 5" x 8-1/4" - Hard Cover with elastic closure and bookmark ribbon. - Color: Magenta - Pages: 240 - Expandable Inner-Pocket - Paper Weight: 70 gsm/47 lb.; FSC Certified Paper; Acid-Free (pH Neutral)

Wine Tasting Journal - Doug Paulding 2018-02

Chart your course through the world of wine! Learn to taste and rate wines with this guided journal. Includes a wine aroma wheel, prompts for tasting notes and details about vintage, price, producer, region, country, variety, when and where tasted, appearance, nose, taste, finish, and overall impression. By wine writer Doug Paulding. 192 pages. 4-1/4" wide x 5-3/4" high (10.8 cm wide x 14.6 cm high). Durable hardcover. Elastic band closure. Ribbon bookmark.

Field Notes for Food Adventure - Brad Leone 2021-11-23

NEW YORK TIMES BESTSELLER • A FOOD52 BEST COOKBOOK OF THE YEAR • Join Brad Leone, star of Bon Appétit's hit YouTube series It's Alive, for a year of cooking adventures, tall tales, and fun with fire and fermentation in more than 80 ingenious recipes. Come along with Brad Leone as he explores forests, fields, rivers, and the ocean in the hunt for great food and good times. These pages are Brad's field notes from a year of adventures in the Northeast, getting out into nature to discover its bounty, and capturing memorable ideas for making delicious magic at home anytime. He taps maple trees to make syrup, and shows how to use it in surprising ways. He forages for ramps and mushrooms, and preserves their flavors for seasons to come. He celebrates the glory of tomatoes along with undersung fruits of the sea like squid and seaweed. Inspiration comes from hikes into the woods, trips to the dock, and cooking poolside in the dead of summer. And every dish has a signature Brad Leone approach—whether that's in Sous Vide Mountain Ribs or Spicy Smoked Tomato Chicken, Sumac Lemonade or Fermented Bloody Marys, Cold Root Salad, Marinated Beans, or just a few shakes of a Chile Hot Sauce that's dead simple to make. This is a book about experimentation, adventure, fermentation, fire, and having fun while you're cooking. And hey, you might just learn a thing or two. Let's get going!

The Eclectic Magazine - John Holmes Agnew 1870

Moleskine City Notebook - Miami, Pocket, Black, Hard Cover (3.5 x 5.5) - Moleskine 2008-09-24

Ideal for both visitors and city dwellers alike, this guidebook lets you organize things you want to keep for future reference or for your records such as the names and addresses of restaurants, shops, friends, hotels, or tourist sites. The Key Map summarizes the overall layout of the city, including large-scale maps of the city centre, an alphabetical street index, and map of the metro system. Up to 76 blank pages gives you all the space you need to write, jot down useful information, and record your thoughts, stories, and memories. A personal 96-page archive keeps everything that matters most at your fingertips. 12 translucent sticky sheets, to overlay and re-position, allow you to trace your route as you go. Bon voyage with Moleskine City Notebooks, the first guidebook you write yourself.

Self-Care - Insight Editions 2019-01-08

This guided journal encourages the cultivation of mindfulness and general well-being amid a busy modern lifestyle. Self-Care: A Day and Night Reflection Journal offers a space to commit to your self-care routine with intention and dedication—helping you develop positive thinking, overcome challenging and stressful experiences and negative emotions, and cultivate a general sense of well-being and a healthy lifestyle. This 90-day journal gives you a path to creating a habit of regular self-care that you can carry with you throughout your life. Immersed in your busy day-to-day activities, it's easy to forget to focus on the present and what's most important. This journal provides a place to record your thoughts and activities and consider how they affect your emotional and physical health. The journal is intended for those who want to foster deep reflection as well as for those who simply want to take better care of themselves. Having filled the journal with positive

thoughts and routines, you will end up with a personal trove of wonderful reflections, which can be a source of positive inspiration at any time. Filled with delicate illustrations, this 90-day journal will help you integrate self-care and deep reflection into your life. Its 184 lined, acid-free pages made from archival paper take both pen and pencil nicely.

My Reading Life - Anne Bogel 2021-09-07

This stylish journal created exclusively for book lovers includes custom reading lists, charming literary quotes, and plenty of room to record what you've read and what you'd love to read. "Books are knowledge. Books are reflection. Books change your mind."--Toni Morrison Designed by a book lover for book lovers, My Reading Life is the ideal companion for all your literary adventures. Anne Bogel, better known online as The Modern Mrs. Darcy, provides you with insightful reading lists for every popular genre and each season. She even helps you determine the kinds of books you'd most like to read based on your interests. You'll also appreciate the sleek, compact design, perfect for taking on the go to the library, bookstore, or your next book club gathering. So much more than just a journal, this book is a joyful celebration of the written word, one that will significantly enrich every day of your reading life.

Digital Minimalism - Cal Newport 2019-02-05

A New York Times, Wall Street Journal, Publishers Weekly, and USA Today bestseller "Newport is making a bid to be the Marie Kondo of technology: someone with an actual plan for helping you realize the digital pursuits that do, and don't, bring value to your life."--Ezra Klein, Vox Minimalism is the art of knowing how much is just enough. Digital minimalism applies this idea to our personal technology. It's the key to living a focused life in an increasingly noisy world. In this timely and enlightening book, the bestselling author of Deep Work introduces a philosophy for technology use that has already improved countless lives. Digital minimalists are all around us. They're the calm, happy people who can hold long conversations without furtive glances at their phones. They can get lost in a good book, a woodworking project, or a leisurely morning run. They can have fun with friends and family without the obsessive urge to document the experience. They stay informed about the news of the day, but don't feel overwhelmed by it. They don't experience "fear of missing out" because they already know which activities provide them meaning and satisfaction. Now, Newport gives us a name for this quiet movement, and makes a persuasive case for its urgency in our tech-saturated world. Common sense tips, like turning off notifications, or occasional rituals like observing a digital sabbath, don't go far enough in helping us take back control of our technological lives, and attempts to unplug completely are complicated by the demands of family, friends and work. What we need instead is a thoughtful method to decide what tools to use, for what purposes, and under what conditions. Drawing on a diverse array of real-life examples, from Amish farmers to harried parents to Silicon Valley programmers, Newport identifies the common practices of digital minimalists and the ideas that underpin them. He shows how digital minimalists are rethinking their relationship to social media, rediscovering the pleasures of the offline world, and reconnecting with their inner selves through regular periods of solitude. He then shares strategies for integrating these practices into your life, starting with a thirty-day "digital declutter" process that has already helped thousands feel less overwhelmed and more in control. Technology is intrinsically neither good nor bad. The key is using it to support your goals and values, rather than letting it use you. This book shows the way.

Sketch, Think, Draw - 2015-12-30

When looking at the travel journals of Giancarlo Iliprandi, one of the masters of Italian graphic design, you can see how sketching can become a way of looking at reality, and therefore a way of designing communication. Travel journals and bundles of paper filled with sketches and drawings show, much like the engine underneath the bonnet, the processes that make Iliprandi tick. As he himself says «action precedes thought» and, in this case, it is the sketch precedes the birth of the idea.

Read Harder (A Reading Log) - Book Riot 2018-09-04

Created by Book Riot, an online destination devoted to people who live to read, this smartly designed reading log consists of entry pages to record stats, impressions, and reviews of each book you read. Evenly interspersed among these entry pages are 12 challenges inspired by Book Riot's annual Read Harder initiative, which began in 2015 to encourage readers to pick up passed-over books, try out new genres, and choose titles from a wider range of voices and perspectives. Indulge your inner book nerd and read a book about books, get a new perspective on current events by reading a book written by an immigrant, find a hidden gem by reading a book published by an independent press, and so much more. Each challenge includes an inspiring quotation, an explanation of

why the challenge will prove to be rewarding, and five book recommendations that fulfill the challenge.

Moleskine Inspiration and Process in Architecture - Zaha Hadid - Moleskine 2012-01-25

The collection of Inspiration And Process In Architecture is a new series of illustrated monographs dedicated to key figures in contemporary architecture. This new collection features Zaha Hadid, Giancarlo De Carlo, Bolles+Wilson and Alberto Kalach whose stories are told through notes and drawings never before seen. The series introduces a new clothbound format, with a hard, paper cover and colored spine matching the elastic band. The drawings inside are printed on glossy coated paper.

Living the Simply Luxurious Life - Shannon Ables 2018-10-07

What can you uniquely give the world? We often sell ourselves short with self-limiting beliefs, but most of us would be amazed and delighted to know that we do have something special - our distinctive passions and talents - to offer. And what if I told you that what you have to give will also enable you to live a life of true contentment? How is that possible? It happens when you embrace and curate your own simply luxurious life. We tend to not realize the capacity of our full potential and settle for what society has deemed acceptable. However, each of us has a unique journey to travel if only we would find the courage, paired with key skills we can develop, to step forward. This book will help you along the deeper journey to discovering your best self as you begin to trust your intuition and listen to your curiosity. You will learn how to: - Recognize your innate strengths - Acquire the skills needed to nurture your best self - Identify and navigate past societal limitations often placed upon women - Strengthen your brand both personally and professionally - Build a supportive and healthy community - Cultivate effortless style - Enhance your everyday meals with seasonal fare - Live with less, so that you can live more fully - Understand how to make a successful fresh start - Establish and mastermind your financial security - Experience great pleasure and joy in relationships - Always strive for quality over quantity in every arena of your life Living simply luxuriously is a choice: to think critically, to live courageously, and to savor the everyday as much as the grand occasions. As you learn to live well in your everyday, you will elevate your experience and recognize what is working for you and what is not. With this knowledge, you let go of the unnecessary, thus simplifying your life and removing the complexity. Choices become easier, life has more flavor, and you begin to feel deeply satisfying true contentment. The cultivation of a unique simply luxurious life is an extraordinary daily journey that each of us can master, leading us to our fullest potential.

Your iPad at Work (Covers iOS 6 on iPad 2, iPad 3rd/4th generation, and iPad mini) - Jason R. Rich 2012-10-08

Your iPad at Work iOS 6 on iPad 2 and iPad 3rd generation Supercharge your business effectiveness with any model of iPad—in the office, on the road, everywhere! Do you have an iPad? Put it to work! If you're a manager, entrepreneur, or professional... a consultant, salesperson, or freelancer... this book will make you more efficient, more effective, and more successful! Your iPad at Work includes the latest information about all iPad models running iOS 6 (or later), whether the tablet is equipped with Wi-Fi only or Wi-Fi + 3G/4G Internet connectivity. It's packed with easy, nontechnical business solutions you can use right now—each presented with quick, foolproof, full-color instructions. Securely connect your iPad to your network; sync your email, contacts, calendar, Office documents, and smartphone; make the most of iPad's latest productivity apps; capture up-to-the-minute news and financial data; even discover powerful specialized apps for your job and your industry. You already know how much fun your iPad is, now discover how incredibly productive it can make you!

- Secure your iPad with passwords and data encryption
- Connect your iPad to a wireless printer
- Discover today's most powerful iPad business apps
- Manage your contacts and relationships with a Contact Relationship Manager (CRM) app
- Do your word processing, spreadsheet and database management while on the go
- Access your email and surf the Web from almost anywhere
- Make winning sales and business presentations from your iPad
- Read PC and Mac files, from Microsoft Office to Adobe PDF
- Use Siri as your virtual assistant to control your iPad using your voice
- Use your iPad more efficiently on the road and while traveling
- Manage your company's social networking presence from your tablet
- Participate in real-time video conferences and virtual meetings using FaceTime, Skype, or another app
- Print wirelessly from your iPad to almost any printer
- Create and distribute iPad content, or have a custom app developed for your business
- Add hardware and accessories that make your iPad even more useful

Write Your Book in a Flash - Dan Janal 2018-04-18

Write your business book without wasting time or money—a “superb” guide for executives, entrepreneurs, and thought leaders (Henry DeVries, author of *Persuade with a Story*). *Write Your Book in a Flash* shows how to get focused fast, so you can write your book without tearing your hair out. As with any enterprise, writing a book requires a clear system—or nothing gets finished. Unlike books that show you why you should write a book, this book actually shows you how to write a book! You'll discover: How to write a simple outline that makes the writing process faster and easier How to get stunning testimonials to help sell your book How to find and manage beta readers who will share honest feedback before the book is published How to research interesting ideas, stories, and facts so you never run out of ideas or information How to overcome “The Imposter Syndrome” and other limiting beliefs that stifle nearly every would-be author Clear examples that show you what to do (and what not to do) Empowering exercises that show you how to write better and faster Simple how-to steps anyone can follow to write a book Business leaders who write books get more clients at higher fees, have more impact, develop more credibility, and have more influence where it matters most: in front of clients, customers, and prospects. This is the perfect book to read if you are a thought leader, entrepreneur or business executive who wants to write a business book to build your personal brand, open doors to new opportunities, and leave a legacy of wisdom to future generations.

Cupcakes and Cashmere - Emily Schuman 2012-07-20

Based on Emily Schuman's popular lifestyle blog of the same name, *Cupcakes and Cashmere* is the must-have guide for those looking to establish their own sense of style, organize and decorate their home, or throw an easy and stylish party. Organized by season, the book expands on Schuman's blog by including DIY projects, organization tips, party-planning ideas, beauty how-tos, and seasonal recipes. *Cupcakes and Cashmere* features original material that has not been previously published on the site. With her signature photographic layouts, Emily creates a lifestyle that is chic and achievable for every reader, making this the ultimate style guide for living a fashionable life. Praise for *Cupcakes and Cashmere*: “Inspiration for anyone looking to update her wardrobe, decorate her home, or throw a fab party.” —*Shape magazine*

The Eclectic Magazine - 1870

[Moleskine Large Horizontal Weekly Hard Diary 18 Month](#) - 2010-04

[The Woman in White Marble](#) - Dale Rominger 2014-08-29

Drake Ramsey is a Californian news reporter who wants to write the great American science fiction novel. Dumped by his girlfriend, Drake finds himself with nothing to lose, and he searches online for a secluded place to work. Alone in a dreary English coastal town, consumed by boredom and loneliness, he is lured up the road to the Skinburness Hotel, where he finds inspiration in a beer and the atmosphere. Drake senses this is the place to harness his creative genius, without any idea of what awaits him in the near future. After a few visits, Drake is befriended by the hotel manager—just as a staff member is found mysteriously dead. Drake, ever the streetwise reporter, senses a story and begins to investigate. The last person to have seen the dead man alive is Zuri Manyika, a stunningly beautiful hotel guest. Now Drake must determine whether Zuri was involved, all the while wrestling with his undeniable attraction to her. Unfortunately, this is not the first death in the hotel—nor will it be the last—unless Drake finds a way to stop a killer on a quest for revenge. In this eerie tale, an American news reporter suddenly immersed in a suspicious death investigation in a remote corner of England is about to discover that every mystery comes with an unexpected twist.

Double Shot - Julie Adler 2015-12-09

Smart-mouthed food writer and former hard-news reporter Trudi Wells makes her debut in *DOUBLE SHOT*, a boxed set of two complete cozy culinary mystery novels. It includes: *KNIFE SKILLS* — When the most famous chef in town is murdered with a giant tranchelard cooking knife, novice food writer Trudi Wells uses her hard-news reporting skills to untangle a crooked web of hidden relationships. Smart-mouthed Trudi is definitely no foodie: she knows nothing about fine dining, surviving happily on peanut butter and breakfast cereal. As she uncovers mysterious details about the chef, she learns more than she ever imagined about Continental cuisine, fine wine and the high-end restaurant business. But just as Trudi is about to figure out the puzzle, the murderer starts looking for Trudi. *MURDER & PESTLE* — Trudi has a new career in the beautiful and mysterious city of Prague. Sure, she might not be speaking to her mother, and she might be dreaming about

her new coworker more than she should, but Trudi still feels like she has grown up. Just like she planned, Trudi is gaining firsthand experience with Old World cuisine. But her plans are ruined when her elderly landlady dies in puzzling circumstances: Trudi is certain the old lady has been murdered, despite the police claiming it was an accident. No matter who comes after her, Trudi is determined to discover the truth of what really happened to the owner of Prague's most famous spice shop.

KEYWORDS: cozy culinary mystery, women sleuths, female sleuth, amateur detective, cozy mystery, clean reads

Moleskine Violet Large Squared Notebook - Moleskine 2013-02-06
Moleskine brings more color to its notebooks. This Brilliant Violet version of the classic Large Squared notebook is perfect for writings, thoughts and passing notes. The color-coded bands reveal the notebook's layout. The back of the paper banderole can be saved for later use. The ribbon, bookmark and expandable inner pocket match the cover color.

Specifications: - Layout: Squared Paper - Dimensions: 5" x 8-1/4" - Hard Cover with elastic closure and bookmark ribbon. - Color: Brilliant Violet - Pages: 240 - Expandable Inner-Pocket - Paper Weight: 70 gsm/47 lb.; FSC Certified Paper; Acid-Free (pH Neutral)

Eclectic Magazine of Foreign Literature - 1870

Morphosis Thom Mayne - Moleskine 2017-03-22

Founded in 1972, Morphosis is an interdisciplinary practice involved in rigorous design and research that yields innovative, iconic buildings and urban environments. With founder Thom Mayne serving as design director, the firm today consists of a group of more than 60 professionals, who remain committed to the practice of architecture as a collaborative enterprise.

Atomic Habits - James Clear 2018-10-16

The #1 New York Times bestseller. Over 4 million copies sold! Tiny Changes, Remarkable Results No matter your goals, Atomic Habits offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and

master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work.

Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: make time for new habits (even when life gets crazy); overcome a lack of motivation and willpower; design your environment to make success easier; get back on track when you fall off course; ...and much more. Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

Esentials Large Black Dot Matrix Notebook - Peter Pauper Press, Inc. 2016-11-14

Ideal for bullet journaling! Dot matrix or dot-grid pages are the preferred alternative to traditional ruled or graph pages. Dot matrix pages are ideal for planning, designing, creating charts and graphs, and sketching, as well as for bullet journaling and other dynamic note-taking methods. High-performing notebooks feature 25 percent heavier paper stock than other leading brands. 100-gsm acid-free/archival paper preserves your work. Inside back cover pocket holds notes, business cards, etc. Elastic band attached to back cover keeps journal closed. Ribbon bookmark keeps your place. Durable hardcover binding. Removable label. Notebook is a classic A5 size (5-3/4 inches by 8-1/4 inches). 192 dot-grid pages.