



Your Notebook! "Things I learned to let go of": A journal to help create amazing todays and tomorrows

Mary Hirose

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This journal is a wonderful companion journal to 'Your Notebook! Things I learned today, and continues in that theme. When we release stress and let go of the things we no longer need, we allow the space in our lives to feel very joyfully present. Includes writing prompts that can serve as guides, inspiration, or can simply be ignored if you choose to do so! 5.5 x 8.5" 206 pages for a month of "amazing todays" The front cover is decorated with a beautiful vintage dahlia ad from the 1930s and the back cover is decorated with a dutch hot chocolate cup from 1880 that says "Present," which is very fitting for this journal. Enjoy!

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Kent Dennis:

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Opal Moffett:

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