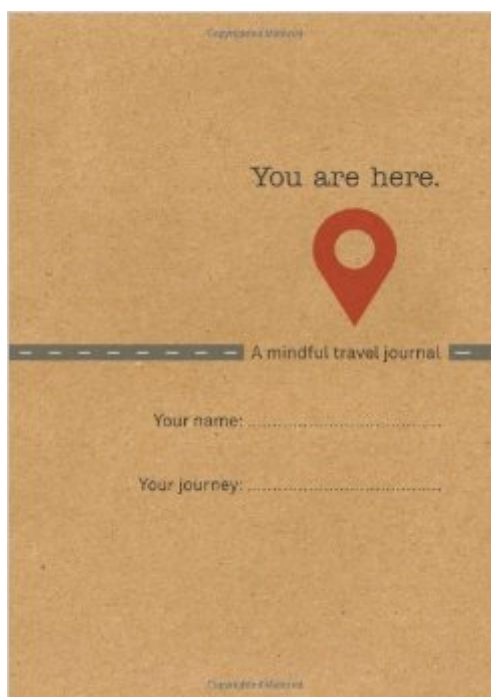


The book was found

You Are Here: A Mindful Travel Journal



Synopsis

"No-one has ever seen this place in the same way you're seeing it right now, right here, in this moment." 'You Are Here' is a travel journal that takes you on your own internal voyage of discovery. By using simple mindfulness techniques you'll find ways to develop a happy, peaceful mind. Many people buy a beautiful notebook to take on holiday. For some, the emptiness of all those pages is daunting. 'You Are Here' guides you through a rich variety of exercises designed to help you thoroughly enjoy your gap year, city break, odyssey, holiday-of-a-lifetime, 'find yourself' journey or weekend away. You'll use fresh, creative thinking to save a memory on every page. Every moment is precious. Every moment is unique. Use this journal to live each moment to the max.

Book Information

Diary: 190 pages

Publisher: Sit. Breathe. Love (March 12, 2014)

Language: English

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ISBN-13: 978-1910306000

Product Dimensions: 5.8 x 0.4 x 8.3 inches

Shipping Weight: 7 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #40,964 in Books (See Top 100 in Books) [#92 in Books > Reference >](#)

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Customer Reviews

I usually make a photo scrap book after a trip, but I really enjoyed using this travel journal. It was fun trying to fill in the pages. Yes, some of it I didn't use, but it certainly made me think of things that I wouldn't normally have thought to consider if I had just made the photo/scrapbook.

This notebook made for a very fun way to document my trip to Europe in September. It helped me pay attention to all of my senses, and encouraged me to take notes on things I wouldn't have otherwise thought about. I'd love to get another for my next big trip somewhere.

I love this journal. I'm pretty intimidated by a blank journal to write my journeys down (I backpack travel a lot), so having some simple prompts/ideas for before, during, and after the journey is pretty

awesome. I've recommended it to fellow travelers, too!

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