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# Knock Knock It's Gonna Be Okay Inner-Truth Journal



## Synopsis

Science has proven that optimism is actually good for your heart, and this amusing writer's journal affirms the notion that it's also good for your brain. With playful prompts and witty quotations, Knock Knock's *It's Gonna Be Okay* is smart yet comfortingâlike a pair of horn-rimmed rose-colored glasses. Featuring over 70 quotes of hopeful wit The perfect gift for both glass-half-full and half-empty types Paperback; 7 x 9.5 inches; 160 pages; full-color throughout; ribbon page marker

## Book Information

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Average Customer Review: 4.7 out of 5 starsÂÂ See all reviewsÂ (48 customer reviews)

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Spirituality > New Age & Spirituality > Self-Help #29 inÂ Books > Self-Help > Journal Writing #786 inÂ Books > Self-Help > Motivational

## Customer Reviews

I picked this journal because of the quotes printed on colorful pages. Here are a few included."I don't know the key to success, but the key to failure is trying to please everybody." Bill Cosby"I always think that cynics are really romantics who have been crushed sometime in their lives and have put up this cynical mask to protect themselves." Jeff Bridges"We are all in the gutter, but some of us are looking at the stars." Oscar WildeThe journal was larger and sturdier than I expected and I think it's well worth the price. I'm going to hold onto my hope with the help of this journal!Parents should be aware that mild curse words appear in the quotes (doesn't offend me, but thought I'd mention it!).

Large journal, large lines, great quotes to keep you positive. I love it. Definitely one of the better journals I've purchased and probably the most helpful for dealing with anxiety (I also have a

one-line-a-day journal and several smashbooks).

I bought this for a relative whose been having a hard go of it. The front kind of acknowledges in a very realistic manner how disastrous one's perspective can get when life is a wee bit out of control, at the same time, it pokes fun at that perspective- making the journal something pretty wonderful. It acknowledges a problem without being severe about it. The inside quotes and wonderful and inspiration without being preachy. it lays flat- which I find wonderful, and the lines are well spaced out for ease of writing. Overall, a fantastic journal for anyone.

This is a great gift for someone who loves to write. Each day, you are given a quote as a prompt and then a nice, big piece of paper to rant on - Perfect.

I absolutely adore this journal. I've been grappling with my depression since losing my job earlier this year and having this journal has been a great outlet for my emotions. What sets this journal apart from any other is the inspirational quotes on every other page. I just wish they were written at the top of the pages instead of taking up a whole page--while it looks nice graphically, it limits the amount of writing space available for chronicling one's thoughts. That said, I've kept my entries short and sweet so as not to go over onto the next page and onto the inspirational quote. I would definitely purchase this journal again and have recommended it to several friends.

I love this journal. Not only is it a place to put down my worries and anxieties, it gives you the understanding that you're not the only one out there that has this issue. The quotes are great, sometimes funny, sometimes thought-provoking, and they really make the experience that much better.

A great journal with fun quotes to remind those of us who see impending doom everywhere to let go of our fears. An excellent gift idea for the chronic worrier in your life.

I wasn't really sure what to expect... I was sort of looking for a prompted journal - answer a question per day but elaborate not a quick 1 sentence entry. This is more of an open forum, the daily prompt is basically what are you hanging on hope today.... I've actually enjoyed this far more than I e ever expected.... a great way to dump all my worries onto paper before bed. Will reorder when it's full :)

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