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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 comforting—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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Customer Reviews

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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.

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).

If you just need a basic journal, this is a good choice. Something to start the day with to open your mind and remind you to be optimistic.

Gave this as a gift for a friend of mine's daughter who unfortunately, as a teen, is going through more stress than any child should. She absolutely loves it. She loves that she can just write anything that is on her mind with no one there to judge her. She also tells me that all of the motivational quotes on each page is very helpful & uplifting.

Love this journal! Minus one star because I had to reorder it after the first one I ordered came damaged with the binding coming apart. However, the second one I received has been great and I love all the little quotes in the book. Great, thick pages and easy to transport. Just a reminder that because of the quotes there are less pages to write, so not every page is double sided.

As a chronic worrier, I am so excited about this journal. I wrote in it the first time yesterday after a stressful (and highly anxiety-causing) meeting. I love the little quotes and how you're prompted to find the positive in your worries. I will definitely get a lot of use out of it!

This journal is amazing. Great quality book and paper. The quotes are short, but extremely uplifting. The format of what today is going to hold for you is nice. Check a thumbs up/down, namaste, or fingers crossed. Will purchase as a gift or again for myself when needed.

It was more than I expected! I love the quotes, and the prompts help my writing. As a writer this is a great way to express myself and what's going through my head. Even if you are not a writer, this is a great way to write how you truly feel and become a little more positive.

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