

## Create Stunning Journals Workbooks Using Canva Createspace

If you've ever wanted to create your own journals or workbooks -- either to use yourself, to give as gifts, or to create a learning resource for others -- but you have neither the time nor the money to invest in a design program (and in learning how to use it) -- this is the book that will help you create them at minimal cost and with less time spent learning how to design your book's cover. You don't need a degree in graphic design to create a stunning book cover. Have you ever tried downloading a complicated design program for a "free trial," only to abandon it to recover from a serious case of "feature overload"? Are you sick of experts telling you that you need to have a professionally designed cover in order to have a book that people will actually buy? Have you ever found yourself wondering, "Why does it have to be so COMPLICATED?" It doesn't. Because there's Canva! Canva is the program that makes it possible to create beautiful book covers and to learn more about what makes a design appealing -- all with an interface that makes it easy, enjoyable, and quick to learn and to apply your new designer skills. CreateSpace is the website that makes it easy to create engaging and attractive book interiors and to publish your print-on-demand journals and workbooks without stress or hassle. Whether you'd like to create a journal or activity book to give as gifts or you have an idea for a workbook that will be a valuable learning tool for others, this is the book that will help you create it and publish it quickly and easily -- and without spending any money on software or a publishing package. There's nothing wrong with having a professionally-designed cover, but if you're not in a position where you can afford to pay \$50 or more for it, don't let that stop you! There's plenty you can do to build up your own designing chops, using a design program that is completely free, intuitively designed, and ADHD-friendly (speaking from the author's own experience). Canva can help you create a stunning cover for your journal or workbook (or planner), and this book will help you make the most of its potential -- and yours. Get your own copy of this book -- while it's still at 99 cents -- and get started creating your low-cost or no-cost journal or workbook. I look forward to meeting you on the inside and helping you create something you'll be proud to share with others.

If you are going through life right now feeling like everything is out of control or that things are not happening the way you planned, you need a journal to write in. Not to be too direct, but it is time for you to discover why you feel the way you do and then figure out what to do about it. WM Journals provides you with the perfect place to write about all of that self exploration. Or you can just write stuff in your journal! The great thing about a lined journal is you can make it into anything you want. A day timer, travel journal, diary, notebook for school, a place for your short stories, etc. If you need to write something down, a journal is the tool you need. If you want to use it for more than just a notepad then keep reading. Almost

every successful person seems to have kept a journal in one form or another. Success in this case is not defined by money but overall happiness. Whether or not they called it journaling doesn't matter as they kept a record of their goals, success, failures, feelings and their daily life. Your journal contains the answers to your most burning questions. It is literally the best self-help book you could ever read because it is all about you. Just some of the benefits of journaling are:\*

- \* Allows you to reflect on your life and the changes you are choosing to make or not make
- \* Clarifies your thinking and as Tony Robbins says "Clarity is Power"
- \* Houses all your million dollar ideas that normally get lost in all the noise of life
- \* Exposes repeated patterns of behaviors that get you the results you DON'T want
- \* Acts as a bucket for you to brain dump in - a cluttered mind leads to a disorganized life
- \* Revisits daily situations giving you a chance to look at it with a different perspective
- \* Doesn't crash and lose everything you put into it like electronics (just like electronics though don't get it wet)

You may want to keep multiple journals; one that contains your truest and most secret feelings that you guard heavily, but need a way to express. Another that contains all those fantastic ideas, creative endeavors, dreams and awesome goals. Maybe just something you doodle in. No matter how you use it getting into the daily habit of journaling has the potential to improve the quality of your life. Let's look past the simple fact you know how to physically write in a journal and dig into how to actually use your journal. It might contain all the secrets to life's biggest problems but unless you know how to uncover those secrets they stay hidden away in your words.\* Let the words flow from the heart and be filled with emotions, no holdbacks\* Make a daily journaling schedule. Each and every day take the time to record your thoughts morning and night. If you love to type notes into your phone all day transfer them to your journal after.\* Sit in a quiet spot and allow yourself to be emotionally and creatively free. Your journal is not a reason to turn yourself into an emotional punching bag.\* Start small. You do not need to write a specific number of words. Just the right amount of honest words that let you feel a sense of being free from negativity and energized with possibility.\* If you write in your journal like someone is going to read it, you will ever allow yourself to fully express what needs to be expressed. Write like no one will ever read it because it is likely no one ever will unless you want them to. Write how you loved something, were mad at someone, wished something was different or anything you need to. Just do it. Start today writing in your journal. You could even put "Today I bought this awesome journal and will recommend all my friends do the same." At 6x9, WM Journals fit in most purses, totes and backpacks. WM Journals make a perfect gift for yourself or the writer in your life. 200 Writable Pages Measures 6"x9" Full Glossy Color Exterior B&W Interior on Cream Paper Softcover Journal Art: Textured dark blue.

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and then figure out what to do about it. WM Journals provides you with the perfect place to write about all of that self exploration. Or you can just write stuff in your journal! The great thing about a lined journal is you can make it into anything you want. A day timer, travel journal, diary, notebook for school, a place for your short stories, etc. If you need to write something down, a journal is the tool you need. If you want to use it for more than just a notepad then keep reading. Almost every successful person seems to have kept a journal in one form or another. Success in this case is not defined by money but overall happiness. Whether or not they called it journaling doesn't matter as they kept a record of their goals, success, failures, feelings and their daily life. Your journal contains the answers to your most burning questions. It is literally the best self-help book you could ever read because it is all about you. Just some of the benefits of journaling are:

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- \* Let the words flow from the heart and be filled with emotions, no holdbacks
- \* Make a daily journaling schedule. Each and every day take the time to record your thoughts morning and night. If you love to type notes into your phone all day transfer them to your journal after.
- \* Sit in a quiet spot and allow yourself to be emotionally and creatively free. Your journal is not a reason to turn yourself into an emotional punching bag.
- \* Start small. You do not need to write a specific number of words. Just the right amount of honest words that let you feel a sense of being free from negativity and energized with possibility.
- \* If you write in your journal like someone is going to read it, you will ever allow yourself to fully express what needs to be expressed. Write like no one will ever read it because it is likely no one ever will unless you want them to. Write how you loved something, were mad at someone, wished something was different or anything you need to. Just do it. Start today writing in your journal. You could even put "Today I bought this awesome journal and will recommend all my friends do the same." At 6x9, WM Journals fit in most purses, totes and backpacks. WM

Journals make a perfect gift for yourself or the writer in your life. 200 Writable Pages Measures 6"x9" Full Glossy Color Exterior B&W Interior on Cream Paper Softcover

The Whole Brain Power Workbook & Progress Journal is the companion piece to the book Whole Brain Power: The Fountain of Youth for the Mind and Body. This Workbook is the ideal training guide for practicing Whole Brain Power over the first 90-days of training. It provides the critical information from the book in the three main training regimens, penmanship, memory and ambidexterity, but equally important, it provides daily training assignments, practice routines and skill tests. This daily approach to guiding the Whole Brain Power practitioner to higher and higher levels of skill development and brain power is an essential tool to successfully master Whole Brain Power.

Journals With Quotes On Them Whether it is the start of the school year or half way through it these school quote journals are great gifts for boys and girls, students of any age and teachers. Filled with ruled paper this school workbook is a must have for every student whether they are Grade 1, 2, 3, or even 6. It is 8.5 x 11, with 120 pages offering ample room for school homework and notes. These back to school journals work great for: Back to School Memory Book Back to School Supplies & Essentials School Year Keepsake Book School Record & Planner Homeschooling School Supplies Composition Books & Homework Teachers Gifts & Stocking Stuffers Birthday Gifts for Kids And much more.....

Scroll up and grab a cool and unique school notebook for kids today!

NeoPopRealism Journal and Wonderpedia founded by Nadia Russ in 2007 (N.J.) and 2008 (W.). Wonderpedia is dedicated to books published all over the globe after year 2000, offering the books' reviews.

If you are going through life right now feeling like everything is out of control or that things are not happening the way you planned, you need a journal to write in. Not to be too direct, but it is time for you to discover why you feel the way you do and then figure out what to do about it. WM Journals provides you with the perfect place to write about all of that self exploration. Or you can just write stuff in your journal! The great thing about a lined journal is you can make it into anything you want. A day timer, travel journal, diary, notebook for school, a place for your short stories, etc. If you need to write something down, a journal is the tool you need. If you want to use it for more than just a notepad then keep reading. Almost every successful person seems to have kept a journal in one form or another. Success in this case is not defined by money but overall happiness. Whether or not they called it journaling doesn't matter as they kept a record of their goals, success, failures, feelings and their daily life. Your journal contains the answers to your most burning questions. It is literally the best self-help book you could ever read because it is all about you. Just some of the benefits of journaling are: -Allows you to reflect on your life and the changes you are choosing to make or not make -Clarifies your thinking and as Tony Robbins says "Clarity is Power" -Houses all your million dollar ideas that normally get lost in all the noise of life -Exposes repeated patterns of behaviors that get you the results you DON'T want -Acts as a bucket for you to brain dump in - a cluttered mind leads to a disorganized life -Revisits daily situations giving you a chance to look at it with a different perspective -Doesn't crash and lose everything you put into it like electronics (just like electronics though don't get it wet) You may want to keep multiple journals; one that contains your truest and most secret feelings that you guard heavily, but need a way to express.

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The Author's Book Journal is a must have for anyone writing a book or a novel. It easily lets you keep track of events and characters in your chapters. There are dedicated pages for 100 chapters, plus main character profiles, secondary characters profiles and also pages to note reference research sources, acknowledgements, quotes, notes, prologue, epilogue, back cover blurb, beta readers, ARC reviews, publishing details, author details. You also have some extra pages at the back for making notes on ideas for your next book. Keep all your book information in one handy place. Journal size 7x10 inches.

Over the years, the amount of video content has grown exponentially, leading to a flood of video content on live broadcasting platforms such as Facebook, YouTube, Instagram, and others. As you know, four out of five people are likely to watch a video . That's why live streaming is so popular these days. With a live video streaming strategy, companies of all sizes can engage with their consumers and potential consumers and create important relationships through video integration. Live video marketing therefore offers the opportunity to do just that. It is easy to build authority, commitment and authenticity, and for most , it is affordable and has a proven record of effectiveness It's therefore very justifiable to all marketers - why live Video Marketing should be an important part of your marketing plan. The question is whether it should be part of your next campaign. Live Video marketing isn't going anywhere anytime soon. Live streaming is a natural extension of the live video marketing and will remain an online marketing niche for the foreseeable future. It opens up a new world of interactivity, and you should take advantage of it. As live streaming becomes more popular, it is not as expensive as older l video marketing method . All you need for a live video stream is a solid and stable internet connection, a good camera and HD quality recordings. Another advantage of live video streaming that you will feel like you're in the room with the customer. For example, you can show them a demo version of your latest product and in parallel , engage with customer on real time interactively Or sometime you can show them the office and introduce them to your employees in real time. With the help of social media platforms like Instagram and facebook, companies lift the curtain to show what they are made of to their customers - and live streaming makes it easy to do so. When used correctly, live streaming can help create community. In fact, platforms like Periscope allow people to comment

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simultaneously with the livestream so that your audience can interact with each other. This can help to forge a community. When people connect in this way, it will improve the user experience. Consider adding live videos to your marketing plan. It is quickly becoming one of the best strategies to implement and with this guidebook *Cashing In With The Power Of Social Live Video Marketing Workbook Journal* This workbook will provide a clear guidance through a Social Live Video marketing action plan with well formatted layout for social media engagement on various platforms for daily-weekly and monthly work monitor , workflow , tracking and measuring on progress and so much more. It includes over 65 worksheets to help you get your action plan in order and keep everything within your checklist progress to a total Social Live Video Marketing program

Are you interested in self-publishing notebooks, journals, diaries, and gag books? Having trouble coming up with niche ideas? You've come to the right place then. Why? Because this book is all about niches. As a matter of fact, that is the singular focus of this book. This book features over 100 different niche ideas. Buy your copy of *Great Niche Ideas for No Content books* right now!

### Create Stunning Journals and Workbooks Using Canva and CreateSpace

If you are going through life right now feeling like everything is out of control or that things are not happening the way you planned, you need a journal to write in. Not to be too direct, but it is time for you to discover why you feel the way you do and then figure out what to do about it. *WM Journals* provides you with the perfect place to write about all of that self exploration. Or you can just write stuff in your journal! The great thing about a lined journal is you can make it into anything you want. A day timer, travel journal, diary, notebook for school, a place for your short stories, etc. If you need to write something down, a journal is the tool you need. If you want to use it for more than just a notepad then keep reading. Almost every successful person seems to have kept a journal in one form or another. Success in this case is not defined by money but overall happiness. Whether or not they called it journaling doesn't matter as they kept a record of their goals, success, failures, feelings and their daily life. Your journal contains the answers to your most burning questions. It is literally the best self-help book you could ever read because it is all about you. Just some of the benefits of journaling are: \* Allows you to reflect on your life and the changes you are choosing to make or not make \* Clarifies your thinking and as Tony Robbins says "Clarity is Power" \* Houses all your million dollar ideas that normally get lost in all the noise of life \* Exposes repeated patterns of behaviors that get you the results you DON'T want \* Acts as a bucket for you to brain dump in - a cluttered mind leads to a disorganized life \* Revisits daily situations giving you a chance to look at it with a different perspective \* Doesn't crash and lose everything you put into it like electronics (just like electronics though don't get it wet) You may want to keep multiple journals; one that contains your truest and most secret feelings that you guard heavily, but need a way to express. Another that contains all those fantastic ideas, creative endeavors, dreams and awesome goals. Maybe just something you doodle in. No matter how you use it getting into the daily habit of journaling has the potential to improve the quality of your life. Let's look past the simple fact you know how to physically write in a journal and dig into how to actually use your journal. It might contain all the secrets to life's biggest problems but unless you know how to uncover those secrets they stay hidden away in your words. \* Let the words flow from the heart and be filled with emotions, no holdbacks \* Make a daily journaling schedule. Each and every day take the time to record your thoughts morning and night. If you love to type notes into your phone all day transfer them to your journal after. \* Sit in a quiet spot and allow yourself to be emotionally and creatively free. Your journal is not a reason to turn yourself into an emotional punching bag. \* Start small. You do not need to write a specific number of words. Just the right amount of honest words that let you feel a sense of being free from negativity and energized with possibility. \* If you write in your journal like someone is going to read it, you will ever allow

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"A book to rival TWILIGHT and VAMPIRE DIARIES, and one that will have you wanting to keep reading until the very last page! If you are into adventure, love and vampires this book is the one for you!" --Vampirebooksite.com (regarding Turned) The #1 Bestselling series! Here is a bundle of books #4 and #5 in Morgan Rice's #1 bestselling series THE VAMPIRE JOURNALS (DESTINED and DESIRED). These two bestselling novels, all here in one convenient file, offer a great next step in the VAMPIRE JOURNALS series. Over 100,000 words of reading, all for an incredible price! It is a great deal, and it also makes the perfect gift! In DESTINED (Book #4 in the Vampire Journals), Caitlin Paine wakes to discover herself back in time. She finds herself in a cemetery, on the run from a mob of villagers, and seeks refuge in the ancient cloisters of Assisi, in the countryside of Umbria, Italy. There, she learns of her destiny and her mission: to find her father and the ancient vampire Shield needed to save mankind. In DESIRED (Book #5 in the Vampire Journals), Caitlin Paine wakes to discover that she has once again traveled back in time. This time, she has landed in eighteenth century Paris, an age of great opulence, of kings and queens—but also of revolution. All 12 books in THE VAMPIRE JOURNALS are now available! "THE VAMPIRE JOURNALS series has had a great plot..... The ending was a cliffhanger that was so spectacular that you will immediately want to buy the next book, just to see what happens." --The Dallas Examiner, regarding Loved "Morgan Rice has really come up with a winner in this series. It is fast paced, filled with action, love, suspense, and intrigue!" --VampireBookSite

Create This Book is the ultimate outlet for creativity. Includes 242 pages of unique and inspiring prompts to get you in the creative zone! Whether you are trying to get past an artist's block, wanting to become more creative, or just looking to have some fun, you will love this interactive journal! Want to learn more? Check out "Create This Book" on Youtube! You can watch Moriah Elizabeth's "Create This Book" Series! Great for inspiration and guidance on your creative journey! Go to MoriahElizabeth.com for more information.

This gorgeous little notebook journal has a vintage hummingbird theme that everyone will appreciate. It has blank lined pages to write thoughts, ideas, messages, quotes and can be used as a daily diary, scheduler or planner, to create poems or lists, or even to doodle or create works of art. It has many uses, subject only to the owners whims. It is the perfect size (6" x 9") to throw into a bag or backpack so it is handy when needed. This little notebook makes a great gift for someone you know and makes a great gift for Christmas, birthday, Valentine's Day or Mother's Day.

Includes booklet entitled: Choose your own bookbinding adventure.

A Light From Within is the modern-day, must-have, mat-side yoga reference. It is a masterful combination of yogic wisdom, body mechanics knowhow, and spiritual guidance into this 342-page expert workbook and journal manual. It's interior is beautifully integrated and engages one on many different levels. In this workbook you will find yoga poses, affirmations, haikus, mudras and philosophy and much more. Organized by seasons of the year, the book is filled with copy, charts, removable cards, and illustrative graphics that enmesh yoga's physical, mental, spiritual, scientific and emotional aspects, including: - stories and explanations of yogic principles & poses - mudras for meditation - affirmations - haiku - chakras and energetic meridians - journaling and workbook opportunities - blog support that mirrors the book to work,

in tandem, with others from around the world It is amazing in its depth and it's accessibility! It brings together so many activities, options, layers of self-enrichment in a beautifully illustrated, coherent and thought-provoking way. Both on and off the yoga mat, gurus, students, teachers, and novices can elevate their yoga practice far beyond down dog. At its surface, *A Light From Within* provides step-by-step instructions for each of 52 yoga poses, with detail on alignment and form, breathing and benefits, precautions, and modifications for each. Then in its countless tips and activities, the book adds personal meaning to every practice: "Pearls of Wisdom" provide historical, anatomical, and inspirational stories, including words by which to meditate. Adjoining space for continued journaling moves the experience from physical to emotional. Ambitious readers can keep the book bedside to reflect on their experiences weekly, record their reactions, and gauge their emotions. They create a Soul Symbol, resolve inner conflict, and complete a Chart of Emotions to experience newfound creativity and discover their personal relationship with the world. As yoga becomes the exercise of choice for America's aging population, *A Light From Within* offers a holistic approach. Whether a basic yoga resource or a self-actualization tool, this revolutionary volume is a must in yoga libraries, as it guides the way to higher forms of movement, inner harmony, balance and wellness.

"When the heat is on and the battle is raging, know that as long as you are standing strong in the Lord, you won't be shot down or burned up by your circumstances. Think in terms of God's power. As long as you stand with God-and don't give up-you win." Most ministers and psychologists agree that personal change comes from within. And that change can only occur if you take a careful look at your own life and experience. That's certainly what Stormie Omartian discovered. Over thirty years ago she was so depressed, she considered suicide. Then she went through the seven-step process she described in her bestselling book, *Lord, I Want to Be Whole*. Now Stormie makes this process available to you in a personal walk to emotional well-being a walk with the truth of Scripture and the power of prayer at your side. Throughout your journey you will be observing the lives of some familiar people in the Bible. Many of these people had the same faults-and suffered the same problems-you do. The way the Lord guided them will be a path for you to follow. Each week you will work through interactive questions and thought-provoking Scriptures that will enable you to determine who you are, what you're doing, and where you're going. And then you will establish some guidelines for your future. "The healing and restoration I found is there for you too," Stormie asserts. "Whether your hurt is from scars as far back as early childhood or from this week's untimely severing of a precious relationship, you can be whole spiritually and emotionally." This easy-to-use workbook serves as an excellent guide for either personal devotions or group study. Use it as a stand-alone Bible study or as a companion to Stormie's book, *Lord, I Want to Be Whole*.

Low and no content books have little or no writing. Examples are: -- lined journals -- dot grid journals -- adult coloring books -- recipe books -- prompt books -- password books -- food tracking logs -- gratitude journals The Low Content Book Planner is a low content book too! **BOOK PLANNING** Though there's not a lot of writing involved, you still need to take time to plan your book. The Low Content Book Planner will help you with that. It provides a central location for you to: -- brainstorm book ideas -- record the book details (title, subtitle, trim size, font, print options, and more!) -- list your keyword criteria and keywords -- take notes from the customer review section of competing books -- identify your target audience -- write the book description -- sketch the interior pages & book cover The 8" x 10" book is large enough to write down your low content book details, yet it's small enough to carry in your laptop case! This book is for book writers that like taking handwritten notes, struggle with keeping their computer files organized, and need a quick way to look up their book details.

History of art.

Words That I Can't Say is a tool to help express yourself and your life for that carthartic

experience through journaling. Reflections come as a part of the process of journal therapy. From her own journaling experience, Oh Huishan has come up with an honest approach to helping her readers in their own life paths by using her own life experiences. Create that safe personal space to ponder and soothe that inner longing to be heard. You are your own best friend!

From easy toys and great gifts to wonderful room decorations, these 50 projects give children a terrific way to recycle and feel creative, too. "This appealing volume is not only a craft book; it also educates users to be more aware of packaging, waste, and of making conscious decisions about how products are used and discarded. Years of Earth Day ideas flow from between the covers of this creative book."—School Library Journal.

A Thing of Beauty Is A Joy Forever Do you enjoy writing in old fashion notebooks and journals? Then you need the Create Beautiful Things Notebook. 100 Notebook Pages & 4 Adult Coloring Pages Plenty of pages for note taking or journaling. In addition, enjoy gorgeous adult coloring pages for relaxation and mindfulness. Laptop Or Paper Notebook? Technology promises to make our lives more productive. Indeed, some things are faster and easier than ever. Unfortunately, a lot of technology is designed for the task, not for the user. As a result, people are able to take more notes, yet understand less. Have you ever taken copious notes in a class or meeting using your computer only to realize afterwards you still didn't understand? Taking notes on paper forces you to synthesize rather than merely transcribe. Because you desire comprehension and understanding rather than simple transcription, the Create Beautiful Things Notebook is a must. Studies About Benefits of Paper Notebooks Don't just take my word, based on a study conducted at UCLA, the Association for Psychological Science indicated that "taking notes by hand is better than taking notes on a laptop for remembering". Will you take advantage of this knowledge to gain an edge on your competition at school, work, or business? How will better understanding make things help you achieve your goals? Organize Your Life Get rid of little scraps of paper you use to capture inspirations and ideas, daily tasks, notes, and phone numbers. Use the Create Beautiful Things Notebook to neatly organize your life. Feel Better By Logging Your Progress In my corporate days, I'd instruct employees to write down accomplishments as they happened. During annual reviews, we are bogged down with current issues and activities and it's hard to remember the great things we did 9, 6, or even 3 months ago. Write down your accomplishments with your hobbies, weight loss, and other life goals. Use the Create Beautiful Things Notebook notebook to look back feel good about yourself and the things you've done! FREE BONUS INSIDE Included inside is a link to download a free copy or an amazing adult coloring book featuring mandalas, animals and butterflies. Aside from enjoying your Create Beautiful Things Notebook, enjoy hours of enjoyment and relaxation with beautiful adult coloring pages. Inside, you'll find: A 2017 calendar for remembering important occasions 100 Notebook pages for writing 4 Penguin themed adult coloring pages A link to download a FREE adult coloring book What Really Matters? Think about the importance of your birth certificate, marriage certificate, property deeds, or even the laws that govern our society...the stuff that really matters goes onto paper! Make what you do matter! Buy the Create Beautiful Things Notebook today, make what you write matter! ! Click the Buy button at the top of the page to begin.

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