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population they can do this regularly and consistently the rest of us 90 need a little more guidance with journaling' **'digital journaling or pen and paper writing on the March 24th, 2020 - but a shift to digital journaling wasn't the solution for my journaling blues as for handwriting versus using the keyboard how handwriting trains the brain an article published by the wall street journal is a good read and will give you much to think about'**

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'articles journaling

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months or one year'

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'5 killer online journal tools that make

journaling easier

May 15th, 2020 - penzu is a journaling tool that allows you to store your journaling notes online the service also offers mobile apps for ios android and blackberry so you can journal on the go and save your notes to your account the basic service is free however you can upgrade to penzu pro and get access to additional features including military grade encryption and the ability to save and sync data'

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that designate to dos in the system'

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journaling shifts the way we look at our
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through our days the act of putting deep
thoughts and feelings onto paper is
revolutionary and bold but sometimes the
thought of facing a blank white page is
daunting instead of being''

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