



Journaling

Adult Recommendations

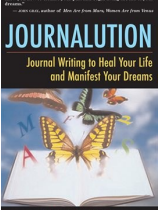


Dot Journaling

Miller, Rachel Wilkerson

Early adopter Rachel Wilkerson Miller explains how to make a dot journal work for you-whether you find the picture-perfect examples on Pinterest inspiring or, well, intimidating.

[Hoopla e-book](#)

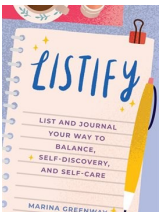


Journalution

Grason, Sandy

Studies confirm what avid journalers have always known: writing helps you move forward in your life, heal, and realize your dreams.

[Hoopla e-book](#)



Listify: List and Journal Your Way to Balance, Self-Discovery, and Self-Care

Greenway, Marina

This book offers fifty meditations divided into two sections: one to see you through the period of deep physical or emotional pain and the other when you are ready to move forward with your new normal.

[Hoopla e-book](#)

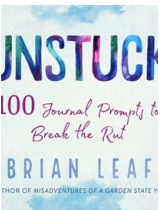


Be, Awake, Create

Younger, Rebekah

In our demanding, fast-paced culture, it's increasingly important to find ways to decompress and recuperate from the busyness and stress of life.

[Hoopla e-book](#)



Unstuck

Leaf, Brian

100 Journal Prompts to Break the Rut

[Hoopla e-book](#)

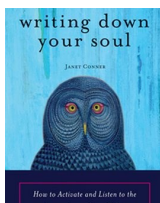


Today is Perfect: A Daily Ikigai Journal

Butler, Ren

What are you on this earth to do? This is no simple question. You are the only one who can answer it. This book walks you through a process to explore a person's many dimensions in order to set a confident direction in life. Ikigai is one's intersection of personal, community and professional purpose in life.

[Hoopla e-book](#)



Writing Down Your Soul

Conner, Janet

In Writing Down Your Soul, Janet shows you how to turn journal-writing into a divine dialogue with the wisdom that dwells just below your conscious awareness.

[Hoopla e-book](#)



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