

# Jiu Jitsu University

The author of this concise guide to unarmed combat and self-defence is a legend. W. E. Fairbairn (1885-1960) spent over thirty years in the tough environment of the Riot Squads of China's Shanghai Municipal Police. In order to lower levels of Police mortality at the hands of Chinese Tongs, he studied ancient Chinese and Japanese martial arts, including Ju-jitsu, and was the first foreigner to be awarded a black belt in the discipline. He developed his own system which he called 'Defendu'. At the outbreak of the Second World War, he was recruited by Britain's Special Operations Executive as an Instructor in unarmed combat and expounded the deadly mysteries of attack and defence to scores of trainee agents about to be dropped into occupied Europe. His methods were approved and officially adopted throughout the British army. Fairbairn also developed weapons and defence aids such as bullet proof vests. He is best known as the co-inventor of the famous Sykes-Fairbairn knife. In this book he expounds his distilled experience of unarmed combat. Fully illustrated, it shows how to deliver deadly blows with hand, fist, knee and boot; wrist, bear- and strangle holds (and how to break them); how to throw an enemy, and how to break their backs; how to disarm a pistol-wielding attacker; and securing a prisoner. The book also contains a chapter on the use of the rifle in close combat by Captain P. N. Walbridge.

This guide to the essentials of doing participatory methods in a broad range of health contexts covers all of the stages of the research process, from research design right through to dissemination. With chapters from international contributors, each with many years' experience using participatory qualitative approaches, it provides guidance on. - Ethical issues in Participatory Research - Designing and conduction

Participatory Research projects - Data management and analysis - Researching with different populations - New technologies Packed full of up to date and engaging case studies, Participatory Qualitative Research Methodologies in Health offers a wide range of perspectives and voices on the practicalities and theoretical issues involved in conducting participatory research today. It is the ideal resource for students and researchers embarking upon a participatory research project.

We live in uncertain and turbulent times. Things wear out. Experiences fade. Circumstances change. Structures are unstable. People and pets get sick and die. Living in a turbulent world with peace and tranquility requires that you "get your mind right." That means slowing down, silencing your inner critic, and accepting what is – especially dealing with the difficult emotions that arise when you confront volatility, uncertainty, complexity, and ambiguity. This book is for all who want to “get their mind[s] right in order to be at peace.

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Mononoke. Annie Nardone: "Finishing Well," an essay on purpose as illustrated in "Leaf by Niggle;" "The Finished Work," a sonnet based on "Leaf by Niggle;" and "A Passage to Something Better," an essay on death in The Lord of the Rings. Josiah Peterson: "Supernatural Words" on the importance of language in the creation of Tolkien's Middle-earth. George Scondras: "Melkor and Illuvatar" on the Christian hope in The Silmarillion. Zak Schmoll: "The Beauty of a Growing Friendship," an essay on the importance of fellowship and community illustrated in The Lord of the Rings and a book review on An Encouraging Thought Clark Weidner: "Tom Bombadil: The Value of an Enigma," an essay on the importance of mystery. Donald T. Williams: "Loth Lorien" and "To J.R.R. Tolkien, poems inspired by Tolkien's work. About An Unexpected Journal An Unexpected Journal is a quarterly publication that presents the truth of Christianity using reason and imagination. Spring 2020, Volume 3, Issue 1

The Mental Game: Science-backed mental performance for Brazilian jiu-jitsu is a cutting-edge workbook that teaches psychological science to improve the mental side of your Brazilian jiu-jitsu game.

The study of sport is often thought of simply in terms of the sport sciences. This book explains how a phenomenological approach is capable of revealing the nature and meanings of sport in ways that are beyond the reach of the sciences and how the very concepts required by sport science stand in need of philosophical explanation. The book has a 'didactic' intention, seeking to present and discuss ideas and tools developed in the phenomenological tradition in order to illuminate issues in sport, in such a way as to be understandable for those without any previous knowledge or background. There are clear and straightforward accounts of the ideas of central thinkers, such as Husserl, Heidegger,

Merleau-Ponty and Pato?ka, and applications of central ideas to the analysis of particular issues, such as the nature of risk sports, the feint in football, the problem of the instant replay, the role of the sport psychologist, the idea of 'bodily perception', and the concept of 'transhumanism' in relation to performance enhancement. This book was originally published as a special issue of Sport, Ethics and Philosophy. This Jiu-Jitsu Training Journal is perfect for BJJ students, grapplers and more. Contains prompts and information fields to help you take organized notes and document your journey. It is a great tool to help you learn and improve your skills in many ways. Technique Retention The act of writing something down embeds it in your memory. Taking notes forces you to engage which internalizes what you've learned. Organization Structured in a logical format to make it easy for you to focus and keep notes on the important details. Problem Solving By tracking your training you can identify patterns and problems you may have and find solutions to improve your game. Knowledge Take notes on what you've learned from classes, seminars, private lessons, tutorials, books and more. Includes Note Fields For: Dates Instructors Belt Rank Weight Gi, Nogi, or Both Position, Technique, Key Details Training Partner, Notes, Goals One Important Thing You Want To Remember About The Day

This gripping book is about what it was really like to fight at the sharp end in World War II. In 1947, US General S. L. A Marshall controversially wrote that out of every one hundred combat soldiers only fifteen to twenty-five actually fired their weapons at the enemy, because of the

innate human reluctance to take another's life. Others maintained the opposite view that soldiers enjoyed killing. David Lee demonstrates that the situation was far more complex than either of these positions, arguing that the crucial factor for a unit's success in battle was the type of training it received. To illustrate this Lee covers actions from each theatre of the war, in depth and with comprehensive coverage of weapons and tactics. First there is the story of what happened when a battalion of British soldiers trained in the traditional manner came up against the Waffen SS, whose training was formidable and bore close resemblance to the Commandos. The success of No. 4 Commando at Dieppe is covered to show how this was put into effect. For the desert war there is a detailed look at how a rifle battalion held the snipe position against overwhelming odds, and how that same battalion was virtually wiped out when it later went to Italy. For the Far East, Lee explains how hatred of the Japanese Army gave impetus to British soldiers fighting at Kohima and American soldiers at Iwo Jima. And finally there is the story of one US infantry regiment on D-Day. Throughout America's past, some men have feared the descent of their gender into effeminacy, and turned their eyes to the ring in hopes of salvation. This work explains how the dominant fight sports in the United States have changed over time in response to broad shifts in American culture and ideals of manhood, and presents a narrative of American history as seen from the bars, gyms, stadiums and living rooms of the heartland. Ordinary Americans were the agents who supported and participated in fight sports and determined its vision of

masculinity. This work counters the economic determinism prevalent in studies of American fight sports, which overemphasize profit as the driving force in the popularization of these sports. The author also disputes previous scholarship's domestic focus, with an appreciation of how American fight sports are connected to the rest of the world.

"Behavioral Addictions is a timely landmark achievement and a must read for anyone interested in addictive and compulsive behavior and its treatment. Rosenberg and Feder have brought us leading addiction experts, who clearly present the growing evidence for including behavioral addictions in the DSM-5 and how best to treat them. While gambling is the first to be included in the DSM-5 chapter on substance related disorders, other behavioral addictions are likely to follow as evidence grows. This is the most important new textbook in addiction psychiatry in recent years." - Richard Frances MD, Founding President, American Academy of Addiction Psychiatry

DSM-V broke new ground in May of 2013, designating a new disorder called "behavioral addiction." Clinicians immediately wanted to know: how is a behavioral addiction different from an impulse control disorder? What are the criteria for determining that some behaviors are addictions rather than impulses? What, if anything, does this mean in terms of effective treatment? Behavioral Addictions is the first and most authoritative text ever written on the subject of behavioral addictions. This comprehensive work explains the criteria used to determine addiction, the evidence for identifying assorted behaviors as addictions, and the evidence-based

treatment for each. With contributions from preeminent experts covering an exhaustive list of behavioral addictions, this book is unique in its coverage of behavioral addictions, their criteria, and treatment. It is a valuable and timely resource for any clinician treating addictions. A guide to understanding the new DSM-V designation of behavioral addiction Defines the criteria for behavior to be considered an addiction designation Discusses the evidence for behaviors meeting addiction criteria Identifies what is now, likely will be, and is not a behavioral addiction per evidence Discusses behaviors formerly considered impulse control disorders Presents evidence-based treatment for each behavioral addiction

British commandos are among the most celebrated soldiers of the Second World War. Their daring, ingenuity and bravery have given rise to an almost legendary reputation that makes it difficult to appreciate fully their role and their true value as fighting men. Stephen Bull, in this in-depth study of commando tactics and history, seeks to dispel the myths and the misunderstandings that surround them, and he places these elite troops of 70 years ago in the context of their times. He also demonstrates that the idea of the commando took time to develop - and that commando operations were far from always successful. Commando tactics - amphibious, mountain, close quarter - were forged through the often-painful experience of raids and combined operations. And commando tactics and organization remained in a state of flux throughout the war as new situations and challenges arose. Stephen Bull's vivid account will be essential reading for anyone



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In this book, we have hand-picked the most sophisticated, unanticipated, absorbing (if not at times crackpot!), original and musing book reviews of "Jiu-Jitsu University." Don't say we didn't warn you: these reviews are known to shock with their unconventionality or intimacy. Some may be startled by their biting sincerity; others may be spellbound by their unbridled flights of fantasy. Don't buy this book if: 1. You don't have nerves of steel. 2. You expect to get pregnant in the next five

minutes. 3. You've heard it all.

Jiu-Jitsu University Victory Belt Publishing

The Bible of Brazilian Jiu Jitsu is a special book for studying and perfecting the "soft art" of the Brazilian Jiu Jitsu. It displays in a step by step fashion the technical aspects of various techniques and submissions in details using pictures to make it easy to understand. Grand Master Francisco Mansur shows us how to get out of submissions with a theme that no one has yet explored as deeply. The book continues with the arm lock immobilization using kioto jiu jitsu system practiced in allowing the practitioner to obey a progressive form of reflexive acts, control and intelligence that includes: proprioceptive capabilities, psycho motor skills, multiple intelligence, cardio-vascular system, and muscular -skeletal. The kioto jiu jitsu system transforms practitioners into confident people by eliminating the common fear of a physical strikes from the unconscious.

Since he burst onto the scene as George St. Pierre's grappling coach in the late 2000's, John Danaher has risen to be recognized as one of the foremost minds in Brazilian Jiu-jitsu and competitive grappling. More than just a coach, Danaher has garnered a reputation as a philosopher of the art. His social media is read by hundreds of thousands, serving as daily inspiration for students around the world. Danaher is able to take the complex and often

contradictory rules of jiu-jitsu and break them down into universal concepts. And it's not just talk: Danaher's student's are a who's-who of combat sports. From MMA champions like George St. Pierre, to Grappling phenoms like Gary Tonon and Nikki Ryan. His work speaks for itself. We've assembled John Danaher's most timeless and thought provoking writings, over one hundred passages in short segments. At just a few minutes per passage, they make for the perfect quick read before hitting the gym, a quiet moment during morning coffee, or a long afternoon read. Included are Danaher's famous concepts of: -Division and Unity-The fundamentals of guard passing and retention -Kaizen and the mindset of constant improvement-Building the perfect armbars, strangulations, and leg attacks-The power of asymmetry-Breaking paradigms in jiu-jitsu-The value of creating systems amongst the chaos of daily training. Scattered throughout are the fascinating little stories of John's life, from a philosophy major in college, to a bouncer in New York City. It's an amazing glimpse into the thinking of a modern jiu-jitsu master.

Kuntao Jiu-Jitsu: Your Guide to Realistic Self-Defense and Street Survival is written by Marc Bochner, a fifth degree black belt in Kuntao Jiu-Jitsu. This book details the new hybrid system, explaining the important incorporated elements from each martial art into Kuntao Jiu-Jitsu; this includes

Kuntao, Jiu-Jitsu, Aikido, Arnis/Kali/Escrima, Judo, Kung Fu, and Muay Thai, as well as nerve priming and scenario training. Kuntao Jiu-Jitsu is a reality-based martial arts system that is designed with one main objective: To teach you how to survive a life-threatening altercation. This extensive book is a worthwhile read whether you are looking for intense martial art training or simply looking to gain knowledge about quick, effective and realistic means of defending yourself and your loved ones. Learn how to strike, throw, and control an attacker; how to use joint manipulations, survive a ground attack, verbally defuse a potential volatile situation, proper knife and gun defenses; and how to effectively condition your body for street survival. After reading this book, you will be able to confront fears and gain confidence in yourself!

This a compendium of the world's greatest council of Grandmasters. These Grandmasters both past and present represent an amazing history of the martial arts. It contains their bios told as they want it heard and seen along with pictures past and present of these Grandmasters. The WHFSC World Head of Family Sokeship Council brings together Grandmasters and Sokes from every style of martial arts to a yearly meeting, with an awards dinner, Hall of Fame and seminars sessions given by the Grandmasters themselves. Included in the book are some of the upcoming masters in the martial arts.

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'Fighting Scholars' offers the first book-length overview of the ethnographic study of martial arts and combat sports. The book's main claim is that such activities represent privileged grounds to access different social dimensions, such as emotion, violence, pain, gender, ethnicity and religion. In order to explore these dimensions, the concept of 'habitus' is presented prominently as an epistemic remedy for the academic distant gaze of the effaced academic body. The book's most innovative features are its empirical focus and theoretical orientation. While ethnographic research is a widespread and popular approach within the social sciences, combat sports and martial arts have yet to be sufficiently interrogated from an ethnographic standpoint. The different contributions of this volume are aligned within the same project that began to crystallize in Loïc Wacquant's 'Body and Soul': the construction of a 'carnal sociology' that constitutes an exploration of the social world 'from' the body.

Who's Who In The Martial Arts Legends Edition 2017  
Who's Who in the Martial Arts Autobiography Book  
Volume 3 We Proudly Pay Tribute to Grand Master  
Jhoon Rhee and Extend Our Great Gratitude for His  
Life of Dedication and Service to So Many in the  
Martial Arts World. Many great Martial Artists have

lost the chance to tell their life story. We want to preserve and share their journey with the world through the Who's Who in the Martial Arts Book. This autobiographical publication serves as a history book for today's Martial Artists. It is an essential guide for learning the history of our martial arts pioneers who have paved the way for today's martial arts. The book features over 250 martial artists sharing their journey, hard work, and personal achievements. Without the help and support of Grandmaster Jeff Smith and Joe Corley, this book would not have been possible.

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UPDATED: the researchers and contributors worked hard to make the information as current as possible. Other words apply to this extraordinary work of scholarship: AUTHORITATIVE, RELIABLE and READABLE. Every entry is compiled by an expert. Equally important, every entry is written for a Canadian reader, from the Canadian point of view. The finished work - many years in the making, and the equivalent of forty average-sized books - is an extraordinary storehouse of information about our country. This book deserves pride of place on the bookshelf in every Canadian Home. It is no accident that the cover of this book is based on the Canadian flag. For the proud truth is that this volume represents a great national achievement. From its formal inception in 1979, this encyclopedia has always represented a vote of faith in Canada; in Canada as a separate place whose natural worlds and whose peoples and their achievements deserve to be recorded and celebrated. At the start of a new century and a new millennium, in an increasingly borderless corporate world that seems ever more hostile to national distinctions and aspirations, this "Canadian Encyclopedia is offered in a spirit of defiance and of faith in our future. The statistics behind this volume are staggering. The opening sixty pages list the 250 Consultants, the roughly 4,000 Contributors (all experts in the field they describe)

and the scores of researchers, editors, typesetters, proofreaders and others who contributed their skills to this massive project. The 2,640 pages incorporate over 10,000 articles and over 4,000,000 words, making it the largest - some might say the greatest - Canadian book ever published. There are, of course, many special features. These include a map of Canada, a special page comparing the key statistics of the 23 major Canadian cities, maps of our cities, a variety of tables and photographs, and finely detailed illustrations of our wildlife, not to mention the colourful, informative endpapers. But above all the book is "encyclopedic" - which the "Canadian Oxford Dictionary describes as "embracing all branches of learning." This means that (with rare exceptions) there is satisfaction for the reader who seeks information on any Canadian subject. From the first entry "A mari usque ad mare - "from sea to sea" (which is Canada's motto, and a good description of this volume's range) to the "Zouaves (who mustered in Quebec to fight for the beleaguered Papacy) there is the required summary of information, clearly and accurately presented. For the browser the constant variety of entries and the lure of regular cross-references will provide hours of fascination. The word "encyclopedia" derives from Greek expressions alluding to a grand "circle of knowledge." Our knowledge has expanded immeasurably since the time that one mind could encompass all that was



fire in JiuGo's heart to make a change and the school Librarian Ms. Michelle suggests he come to her self-defense class. This is where JiuGo finds Jiu-jitsu. The next week, JiuGo is out on an adventure in the forest when he discovers an enlightened, 3 eyed frog, which he names Phibs. JiuGo adopts this strange creature who possesses hidden powers. Around the same time on the other side of town Maro the youngest son of Death, defies his father and goes against the Reaper code. Maro instead of taking life, gives life back. The girl who was destined to die was JiuGo's older sister, Jess. The act of saving Jess's life passes some of Maro's powers to her. Death is outraged and as a punishment he strips Maro of his Reaper powers and banishes him from the Shadow, leaving him exiled in Greystains. Through a strange twist of fate JiuGo and Maro meet forming an unlikely friendship. They learn from each other and practice Jiu-jitsu together. This helps JiuGo to overcome his fears and doubts while helping Maro become more human. When Marcus's suspension is finished, he returns to school out for revenge, that's when The Power of Jiu-jitsu is revealed.

Saulo Ribeiro—six-time Brazilian Jiu-Jitsu World Champion—is world-renowned for his functional jiu-jitsu knowledge and flawless technique. In Jiu-Jitsu University, Ribeiro shares with the public for the first time his revolutionary system of grappling, mapping

out more than 200 techniques that carry you from white to black belt. Illuminating common jiu-jitsu errors and then illustrating practical remedies, this book is a must for all who train in jiu-jitsu. Not your run-of-the-mill technique book, Jiu-Jitsu University is a detailed training manual that will ultimately change the way jiu-jitsu is taught around the globe.

Kuntao Jiu-Jitsu: Immediate Survival is designed for people who may or may not be martial artists but ultimately want to learn quick and effective ways to stop a potential adversary and take control of a life-threatening situation.

Compelling and captivating stories of jiu-jitsu icons and influencers that reveal the 22 scientifically proven principles for success on and off the mats. Jiu-Jitsu will change your life. But are you paying attention to the right things? When you are exposed to the jiu-jitsu community, you will meet countless people that share a similar message which is, "Jiu-Jitsu changed my life!" The first few times you heard this, you probably rolled your eyes and internally snickered. You thought to yourself, "How could so many people say that jiu-jitsu changed their lives? That is just ridiculous." But practitioners keep training. Weeks turn into months and months turn into years. Many fall in love with jiu-jitsu and then start saying, "Jiu-Jitsu changed my life. The book includes compelling and captivating stories of icons, influencers, legends, and champions in the jiu-jitsu

world. It highlights 22 scientifically proven principles for success on and off the mats. This book is for those that love jiu-jitsu and have a love for learning. Master Jiu-Jitsu Master Life has dozens of stories that are fun to read but more importantly allow you to pull out and apply these principles of success in your own life. Among the stories, you will learn; - How RVCA founder PM Tenore and Shoyoroll founder Vince "Bear" Quitugua escaped poverty to build hugely successful brands that have impacted the jiu-jitsu community. - How Renner Gracie turned a major injury into a life-changing opportunity. - How Keenan Cornelius went from an unknown and average jiu-jitsu competitor to a breakout star creating his own techniques. - How Kit Dale earned his jiu-jitsu black belt in four years while winning major championships using science-based learning principles. - How UFC Champion Georges St-Pierre's coach Firas Zahabi trained countless athletes to reach the highest levels in combat sports including jiu-jitsu. - How Royce Gracie's first U.S. jiu-jitsu blackbelt Rob Khan systematized jiu-jitsu for mixed martial arts and how that led to changing the lives of countless practitioners and students. - How jiu-jitsu legend Marcelo Garcia approached the development of his students and turned them into world-class champions. - How Bernardo Faria became a multiple-time jiu-jitsu world champion and business success at the same time. - How Jocko Willink went from

success as a U.S. Navy Seal to top podcaster, gym owner, best-selling author, management consultant, entrepreneur, and jiu-jitsu blackbelt. - How Karel "SilverFox" Pravec immigrated to the United States from a country that no longer exists to become one of the top global influencers in the jiu-jitsu world. - How Roger Gracie became one of the most dominant jiu-jitsu competitors of all time. - How John Danaher transformed himself from a philosophy student at Columbia University to full-time legendary jiu-jitsu coach and originator of many modern jiu-jitsu sequences. - How Joe Rogan became a comedian, television host, podcaster, health enthusiast, UFC commentator, and a jiu-jitsu black belt. If you are looking to change your life through jiu-jitsu, this book is for you. If you are looking to lose weight, compete, and have better relationships through jiu-jitsu, this book is for you. If you are looking to progress your jiu-jitsu game at a much faster rate, this book is for you. How much more productive would you be on and off the grappling mats if you knew the proven principles of success used by those at the top of the game? "I created this book, my ultimate guide-book of highly effective principles, for myself. It changed my life. It improved my jiu-jitsu. It improved my life off of the mats. I hope it does the same for you."

Human dependence on technology has increased exponentially over the past several centuries, and so too has the notion that we can fix environmental

problems with scientific applications. *The Virtues of Ignorance: Complexity, Sustainability, and the Limits of Knowledge* proposes an alternative to this hubristic, shortsighted, and dangerous worldview. The contributors argue that uncritical faith in scientific knowledge has created many of the problems now threatening the planet and that our wholesale reliance on scientific progress is both untenable and myopic. Bill Vitek, Wes Jackson, and a diverse group of thinkers, including Wendell Berry, Anna Peterson, and Robert Root-Bernstein, offer profound arguments for the advantages of an ignorance-based worldview. Their essays explore this philosophy from numerous perspectives, including its origins, its essence, and how its implementation can preserve vital natural resources for posterity. All conclude that we must simply accept the proposition that our ignorance far exceeds our knowledge and always will. Rejecting the belief that science and technology are benignly at the service of society, the authors argue that recognizing ignorance might be the only path to reliable knowledge. They also uncover an interesting paradox: knowledge and insight accumulate fastest in the minds of those who hold an ignorance-based worldview, for by examining the alternatives to a technology-based culture, they expand their imaginations. Demonstrating that knowledge-based worldviews are more dangerous than useful, *The*

Virtues of Ignorance looks closely at the relationship between the land and the future generations who will depend on it. The authors argue that we can never improve upon nature but that we can, by putting this new perspective to work in our professional and personal lives, live sustainably on Earth.

Taught to police and military personnel worldwide, Japanese Jiu-Jitsu can be used by anyone interested in defending themselves. "Defend Yourself With Japanese Jiu-Jitsu" provides simple, yet effective techniques for self-defense. The simplest strategies, which do not involve physical prowess, focus first on demonstrating confidence and not looking like a victim. Secondly, through practicing awareness, you will begin to see and avoid many potentially dangerous situations. You will learn how to move from your attacker and defend yourself with many powerful and effective strikes. You will also learn how to defend yourself against a variety of holds, grabs and chokes, including being on the ground and from behind. Reading "Defend Yourself With Japanese Jiu-Jitsu" along with taking a self-defense course or learning a martial art like Japanese Jiu-Jitsu, will help reduce your chances of being a victim!

Brazilian jiu-jitsu Lover journal / notebook features:  
120 ruled lined pages 6 x 9 inch size - big enough for your writing and small enough to take with you  
smooth white-color paper, perfect for ink, gel pens,

pencils or colored pencils a matte-finish cover for an elegant, professional look and feel This journal can be used for writing, jotting down your brilliant ideas, recording your accomplishments, and more. Use it as a diary or gratitude journal, a travel journal or to record your food intake or progress toward your goals. The simple lined pages allow you to use it however you wish. Journals to Write In offers a wide variety of journals, so keep one by your bedside as a dream journal, one in your car to record mileage and expenses, one by your computer for login names and passwords, and one in your purse or backpack to jot down random thoughts and inspirations throughout the day. Paper journals never need to be charged and no batteries are required! You only need your thoughts and dreams and something to write with. These journals also make wonderful gifts, so put a smile on someone's face today! Let's your creativity shine everywhere you go. Perfect both professionals and students. Write down design notes, ideas, memories, and goals. Blueprint. Product Features: 6x9 inch 120 pages High-quality and nice design cover High-quality papers

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