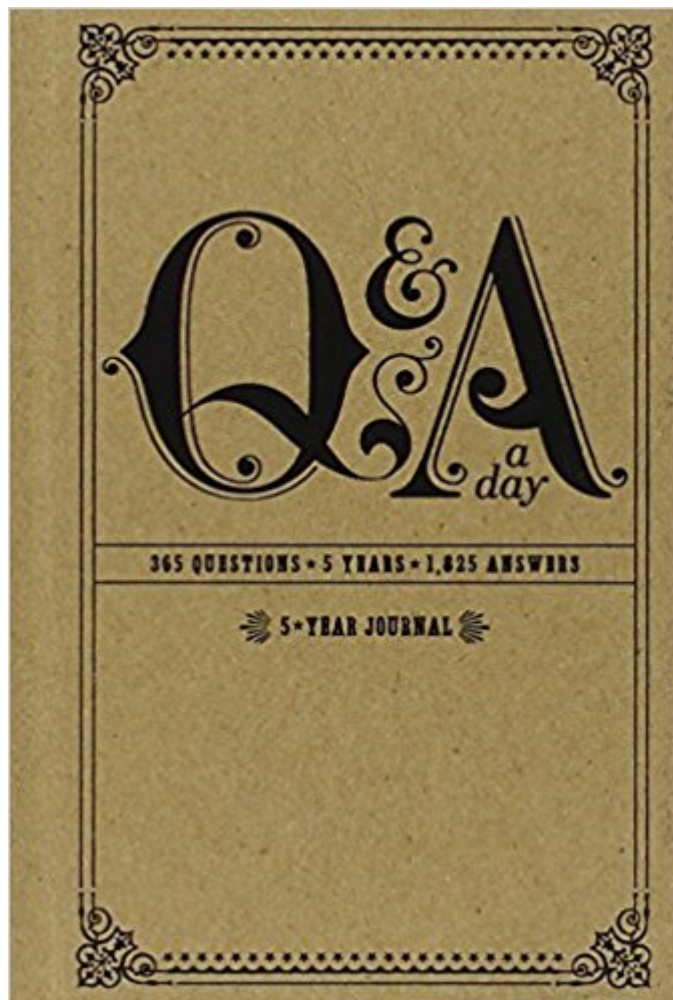


The book was found

# Q&A A Day: 5-Year Journal



## Synopsis

Do you ever stop to wonder how you got where you are? The Q&A a Day Journal shows you what was going through your head each day for five years of your life. Simply turn to today's date, answer the question at the top of the page, and when you finish the journal, start over. As you return to the daily questions again over the years, you'll notice how your answers change, or don't! With questions that are sometimes provocative ("On a scale of one to ten, how happy are you?"), occasionally quirky ("What can you smell right now?"), and inevitably interesting ("If you could travel anywhere tomorrow, where would you go?"), this classically designed journal is embellished with beautiful details and is the perfect gift for anyone embarking on a new phase of life. 365 questions. 5 years. 1,825 answers.

## Book Information

Series: Q&A a Day

Diary: 368 pages

Publisher: Potter Style; Jou edition (November 23, 2010)

Language: English

ISBN-10: 0307719774

ISBN-13: 978-0307719775

Product Dimensions: 4.3 x 1.3 x 6.2 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 1,511 customer reviews

Best Sellers Rank: #456 in Books (See Top 100 in Books) #1 in Books > Self-Help > Journal Writing #2 in Books > Self-Help > Art Therapy & Relaxation #3 in Books > Self-Help > Creativity

## Customer Reviews

Potter Style, an imprint of the Crown Publishing group, is a high-end gift book and stationery line, specializing in lifestyle, design, art, fashion, humor, and DIY.

This December I will have finished filling this journal. I will cherish this book for a long time. It just so happened that I started out this journal lonely, depressed and heartsick. In the five years afterward I met a wonderful man, became friends, dated, fell in love, got engaged and I'm filling out this year's entries as a happily married woman who is kicking depression's butt. I got to capture all those

changes in my life in this journal! I have a few criticisms. Some of the questions are dumb, repetitive, boring to answer, or confusing. However, you will get that with any journal that is attempting to come up with 365 unique questions. A lot of the questions are good, interesting and/or thought provoking. So it is overall a good little journal. :)

I just completed my journal yesterday, so I decided to write a review about my experience. For starters, I personally like that the book is small with very few lines for responding, because that forced me to be concise, yet thorough-- to answer each question with gut-instinct honesty, rather than over-thinking my responses. As a result, I have a journal that serves as a 5-yr self-study with valuable evidence of my growth, plateaus, and regressions. It's been wonderful to read see how I got over something or someone I thought I'd NEVER get over, because I now have a written reminder that wounds heal and that "this too shall pass". It's been educational to see the things I've remained firm and unyielding about, because I now have a clearer sense of my value system and authenticity (i.e. what makes me, ME). It's been uncomfortable to see how I didn't grow/improve in the ways I've needed to, or how certain situations in my life didn't change or turn out as I'd hoped they would. But seeing those realities scattered throughout the journal is helping me realize what I can control and what I can't. And those revelations are motivating to step up and work harder where I do have control, and to finally let go of what I can't. Yes, there are some silly questions in here and some that don't lead to greater self-awareness or life-changing epiphanies, but I appreciated the variety, because I think I would have found it difficult to answer a deep or self-analytical question every single day. Besides, even some of the trivial questions helped me see how I've matured over the years. So, if you want a quick and easy way to track your personal development, I think this would be a worthwhile investment. I've already ordered a new one to start on my upcoming birthday-- so in 2021 I'll have a 10yr self-study.

We haven't used these books yet - we're moving across the country, and will start on our first night there - but I wanted to leave a review of my first impression. The book is smaller in height and width, but bigger thickness. The tops of the pages have gold foil, which makes the book look super high quality. The pages are thick, good quality. My only complaint, because the book is not as tall or wide as I expected, is that you only have room for 1 sentence for each prompt. I think this will work out in my favor, as I bought 1 for myself and the other for my 11yo son who is not the biggest fan of writing. Overall, I think the value is good, and I'd recommend this book.

This is a beautifully crafted journal for people tracking progress and trying to remember to write everyday on a daily basis. It's quality of material is gorgeous. The pages are sprayed with a golden frame. The questions are pretty neat and the fact you do this over five years is a huge undertaking. However, it's not that big of a commitment as the questions are fairly simple and stuff you probably ask yourself at night when you can't sleep anyway. Very durable little journal you can take anywhere. I bet it will be satisfying to complete five full years. Super cool present gift or journal idea. Totally recommended!!!

This book is so adorable and perfect for what I was looking for. It's smaller than what I thought, it's about the size of my hand. Which is fine. The pages are gold trimmed and the book has a old rustic kind of look to it. I just love it. The questions vary and mixes things up every day. It's great to look back at what your answer was a year ago. It's a great way to see how things have progressed. I would definitely purchase this book again.

I love this little Journal! I have always journaled but rarely felt the urge to go back and read previous ones. (In fact, I cringed when I did.) I also tended to write only about what was bothering me at the moment. This journal asks a question a day that can be simple or profound depending on your thinking at the time. An example: "What do you need to throw away?" Simple: old taxes/paperwork. Profound: my anger towards an abusive spouse. The same question is answered on the same date yearly for five years showing you how you have changed or stayed the same. The format is such that you can start it on any day of the year...no need to wait for New Year's. I actually look forward to writing in it every night.

I am not a journal person, never have been, but when I saw this journal I was intrigued by the idea. I'm a very sentimental person and love anniversaries and holidays. However, I always had too much to say when I wrote things down so it would come out very jumbled which is why I could never keep a journal for long. The Q&A a day journal I LOVE because it gives me a prompt! I love talking about myself so answering questions is right up my alley. Plus getting a 5 year record of daily thoughts and emotions is just too cool. I can't wait to see how much has changed in 1 year and then 5 years!

[Download to continue reading...](#)

Bullet Journal: 150 Pages Cactus Pattern Dotted Journal - 8"x10" (Bullet Journal Notebook) - With Bullet Journal Ideas: Bullet Journal Notebook (Volume 1) Bullet Journal: Cactus Green Dotted Journal - 150 Pages (Size 8"x10") - Bullet Journal Notebook - With Bullet Journal Ideas: Bullet

Journal Notebook (Volume 2) Coaching Elementary Soccer: The easy, fun way to coach soccer for 6-year-olds, 7-year-olds, 8-year-olds, 9-year-olds, and 10-year-olds (kindergarten, first-grade, second-grade, and third-grade) Not All Those Who Wander Are Lost: Notebook- Small Blank Lined Notebook; Travel Journal; Traveller's Notebook; Study Abroad Journal; Vacation Journal; ... Journal; (Travel Journals and Notebooks) Jordan River Baptism Site: Journal, Diary, Notebook - Blank, Lined, 6 x 9 - Memoir Journal, Prayer Journal, Travel Journal (Israel Series) (Volume 3) Bullet Journal: Dot Bullet Journal; Small Blank Dot Grid Journal for Women; (5.25 x 8 in.) -blank dotted pages for Diary, Planner, Calligraphy, Hand ... Journal and Notebook Collection) (Volume 1) 365 Journal Writing Ideas: A year of daily journal writing prompts, questions & actions to fill your journal with memories, self-reflection, creativity & direction. Bump to Birthday, Pregnancy & First Year Baby Journal : an award-winning journal / diary to help you hold onto memories of the growing bump, the birth ... first year with your baby The Garden Diary, Journal & Log Book: Plan garden beds and track changes in your landscape for a year to year record. 100 diary pages, 10 graph pages ... (The Garden Journal Log Books) (Volume 2) Day Trading: Make Hundreds Daily Day Trading One Hour a Day: Day Trading: A detailed guide on day trading strategies, intraday trading, swing trading and ... Trading, Stock Trading, trader psychology) Classic Journal (Diary, Notebook): Classic Journal / Writing Notebook / Blank Diary - 210 Pages, 7" x 10", Hardcover Journal-diary gift. Bullet Blue Journal: Bullet Grid Journal Blue Polka Dots, Large (8 x 10), 150 Dotted Pages, Medium Spaced, Soft Cover (Vintage Dot Grid Journal Large) (Volume 6) Bullet Gold Journal: Bullet Grid Journal Gold Polka Dots, Large (8 x 10), 150 Dotted Pages, Medium Spaced, Soft Cover (Vintage Dot Grid Journal Large) (Volume 11) Sketch Journal: Bullet Grid Journal, 8 x 10, 150 Dot Grid Pages (sketchbook, journal, doodle) Lyrics Journal: Songwriters Journal to Write your Lyrics. The Lyrics Journal is good for 65 songs. Fill in the blanks for song title, verse, chorus and bridge. Women's Doodle Journal: Bullet Grid Journal, 8 x 10, 150 Dot Grid Pages (sketchbook, journal, doodle) Bullet Gray Journal: Bullet Grid Journal Gray Polka Dots, Large (8 x 10), 150 Dotted Pages, Medium Spaced, Soft Cover (Vintage Dot Grid Journal Large) (Volume 7) Bullet Black Journal: Bullet Grid Journal Black Polka Dots, A4 (8.27 x 11.69), 150 Dotted Pages, Wide Spaced, Soft Cover (Vintage Dot Grid Journal A4) (Volume 9) Bullet Journal: Pineapple and Flower - Blank Dotted Notebook 150 Pages(8"x10") - Dot Journal: Bullet Journal Notebook (Volume 7) Bullet Journal: Wood Notebook Dotted Grid, 5,5"x 8,5": Dot Grid Journal, Design Book, Planner, Dotted Notebook, Work Book, Sketch Book, Math Book, 5mm ... paper) (Dotted Journal Notebooks) (Volume 28)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)