



List Your Self: Listmaking as the Way to Self-Discovery

Llene Segalove , Paul Bob Velick

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List Yourself is the original listmaking journal that unlocks the door to your personal identity. This best-selling journal provides an easy, provocative, and liberating way to get to know yourself.

Llene Segalove and Paul Bob Velick offer more than 175 journaling prompts designed to encourage serious self-reflection. Categories encourage readers to write about their fears, loves, regrets, life changes, friendships, health regimes, superpowers, wishes, and more—all of which are destined to lead to a deeper knowledge of themselves, their goals, and dreams. Kooky, de-stressing, and thoughtful, these journal prompts help you get in-tune with your inner self and combat self-rejection. It's list-making like you've never seen it before.

List Your Self: Listmaking as the Way to Self-Discovery Details

Date : Published August 5th 2008 by Andrews McMeel Publishing (first published August 1st 2008)

ISBN : 9780740777110

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Format : Hardcover 304 pages

Genre : Nonfiction, Diary, Journal, Self Help, Journaling

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From Reader Review List Your Self: Listmaking as the Way to Self-Discovery for online ebook

Amy says

Read this while I was at my IOP and wrote a bunch down to do later for my continuing psycho Ed.

Katie (Beveroth) Rider says

This book is entirely about yourself -- an excellent lesson in identifying your hopes, intentions, experiences, loves, triumphs, failures, and everything that makes us uniquely human. If you follow the rules, it is a wonderful tool for getting to know yourself.

This book is meant to be written in. I have completed it several different times and am surprised how my answers have developed.

Kelly says

This book is a work in progress for me. I absolutely love how it can make me think, help me thru something, & etc.

Sara Gray says

It is the Mad Libs of journaling. I have struggled for years to have a diary or journal. The topic lists I can do! It is a helpful reflection.

Kim says

loved, loved, loved filling this book out. I go back to it (and More List Yourself) at least once a year. Very interesting to see how I've changed over the years.

Victoria Durm says

I didn't so much as read this book as I did use it to see if it would make a difference in the first two weeks of my life with it. It did. You really don't realize what you're thinking until you start reading your own lists back to you. This is a great concept.

Noelle says

I was really excited to get this book, and was very let down after it arrived. The topics are rather random from in-depth to stupid (what are your greatest fears to list what is in your glove compartment). Skip buying this book, open a journal and start writing you'll save yourself \$15.

Hollie says

This book is an interactive book wherein you complete lists about yourself given the prompts on the page. It is interesting, and can evoke a myriad of emotions of done in the silence of your own room. Can be very eye opening.

Dee Toomey says

This book is a fantastic way to examine yourself. As you fill in the list prompts, you learn so much about you. I still have lists to fill in, but this book is proving to be as said on the cover: "A provocative, probing, and personal expedition into (my) mind, heart, and soul.

After you read the first of the book, you go on to write "the rest of the story". This is a fun book and I highly recommend it.
