

Download Online Boek Nederlands Starting From Day One - Bakari Chavanu



Download online boek Nederlands Starting from Day One Bakari Chavanu , Journal writing is a proven and powerful tool for personal growth, achieving personal goals, and for documenting your life. And the beautifully designed iOS and Mac application, Day One Classic, is a perfect solution for keeping a journal.

Starting From Day One: Using the Day One Journaling App to Record and Enrich Your Life shows you how to use all the features of Day One (both the iOS and Mac version), followed by 5 chapters of journal writing strategies, projects, and a 30-day challenge of writing prompts.

This book contains interactive image galleries, including over 150 screenshots, for browsing and reading the book on your iPad and Mac.

What, Paul Mayne, CEO and Founder of Day One, wrote about this book:

'Bakari has done an amazing job introducing the values of daily journaling and using the Day One app. He's captured countless details and instructions on how to best embrace this digital tool to create an invaluable personal archive. I highly recommend "Starting From Day One" for anyone that wants to learn the whys and hows of digital journaling.'

Chapters include:

- Day One Features for iOS and Mac
- Tagging and Formatting Entries
- 30-Day Journaling Challenge
- Goal and Project Journaling
- Journaling About Family
- Supporting Tools and Apps

Readers of this book can also subscribe to a special email newsletter that will include additional resources as they are created.

Also, in the latest update to this book, there's a link on page 67 to subscribe to a free 30-day email list of all the prompts listed in Chapter 7.

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