



The 52 Lists Project: A Year of Weekly Journaling Inspiration

By Moorea Seal

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Based on the popular blog series by Moorea Seal, this bestselling journal is for list lovers. Create 52 lists, one for every week of the year, that will help you discover the beauty, joy, creativity, and power you already have! This gorgeous undated journal of weekly lists will help nurture self-expression and self-development. Each seasonal section includes list prompts, with plenty of space to write your own lists, and challenges to help you take action and make your dreams a reality. With perfectly timed prompts that meet you where you are throughout the different seasons, this journal will open up new avenues of self-knowledge and help you celebrate, enjoy, and take ownership of your life, as each week of the year becomes more thoughtful and vibrant.

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The 52 Lists Project: A Year of Weekly Journaling Inspiration By Moorea Seal Bibliography

- Sales Rank: #3021 in Books
- Published on: 2015-09-08
- Released on: 2015-09-08
- Original language: English
- Number of items: 1
- Dimensions: 8.80" h x .67" w x 5.70" l, .85 pounds
- Binding: Diary
- 144 pages

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Editorial Review

Review

"Your checklist for making positive changes."

—Oprah.com

"A book like this reminds even the busiest people to slow down and think about what makes them, well, them every once in a while."

—Bustle

"The 52 Lists Project is literally taking my list game to a new productive and uplifting level."

—Shopify

"This sort of list-making is something I look forward to each week, and it helps with evening anxiety"

—TLC

"Love creating lists? Than this journal is a must have!"

—*Woman's World*

"You can now grab a copy of the gorgeous journal and let the simple weekly prompts guide you through the ups and downs of each season"

—Brit + Co

"Seal's book goes week by week, season by season, giving you prompts that will get the creative juices flowing."

—*The Huffington Post*

"Whether you're a long-time list maker or are just warming up to the idea, it can be a powerful way to stay organized, but also to reflect on your goals."

—Daily Burn

"This book is great for stepping away from one's hectic life and thinking about the things that make us grateful and happy."

—Breitbart

"To-do lists might be necessary but they aren't a lot of fun. But ya know what is really fun? This amazing new book from Moorea Seal, *The 52 Lists Projects*."

—eHarmony

"*The 52 Lists Project*...is a journal with a year's worth of aspirational prompts that looks something like Instagram incarnate."

—City Arts

"A perfect Fringe Hours exercise that totally filled my soul."

—The Mom Creative

"Not only has this book been a great way to unwind at the end of a busy week, but it's been so inspirational with all of the prompts and mini 'action items' at the end of every list."

—The Demure Muse

"If you want to spend the next year taking ownership of your life, you need to pick up *The 52 Lists Project*."

—Stylish 365

"Trust us, this will not be another chore to add to your list, but instead, a weekly brainstorming session about what makes you... YOU that you'll no doubt look forward to."

—Domino

"Filled with a list for every week of the year, you'll become your best by maximizing your creative power all year long."

—Tobi Fairley, *Tobi's Blog*

"There isn't a more thoughtful gift out there for the list lover in your life."

—Avenue Calary

"The book itself is absolutely lovely with hand lettering and foil embossing."

—The Augusta Chronicle

"It can serve as a great organizational tool, with ample room left over for taking stock of your life."

—Daily Bulletin

"With gorgeous photography and illustrations, we think it'll be hard not to fall in love with it."

—Buro 24/7

"A welcome alternative to Netflix binges and Instagram scrolls, the 52 List Project helps you focus on your true values, as opposed to the superficial things we sometimes get bogged down by."

—*Sheer Luxe*

"A list for each week of the year nurtures joy, creativity and self-expression! Who wouldn't want that in their lives?"

—Liz Avenue

"[O]ne of my favorite Seattle entrepreneurs."

—*Soap Queen*

"[Helps] you realize you already have plenty of productivity, creativity and confidence, though it'll help you sharpen each quality, too."

—Punched Clocks

"A gorgeous journal is for list lovers."

—*The Triplet Farm*

"A journey of self-reflection."

—*Bisouselle*

"I have been filling [it] out all year and absolutely love it."

—*Sweet Violet Beauty*

"Personal."

—*Wolf and Stag*

"Making lists helps organize the mind, which can keep a clear head. This particular book guides you with list making and also inspires you to be productive. It's quite interesting and fun to do!"

—*Fresh U*

"I love taking some time out of my day to write in my journals and just get away from my laptop!"

—*Empfire*

"You'll be able to personally express yourself through the words you write and reflect on them as much as you wish."

—*Cliche Magazine*

"In this world of chaos, writing a simple list can only help to create a sense of order."

—*The Book Chief*

"Taking list-making to a new level and bringing happiness and inspiration along with it!"

—*New Day Northwest*

"This beautiful book features 52 prompts that range from the thoughtful to the aspirational."

—*Real Simple*

"Perfectly timed prompts that meet you where you are throughout the different seasons."

—*Bustle*

From the Author

Writing the the 52 Lists Project has been an incredible journey for me. It all started out as a project on my blog, motivated by my own desires to improve my life, combat depression and anxiety, and my passion to empower women and children across the world by encouraging reflection and a pro-active attitude. I started my business Moorea Seal (also my name) with just \$10, some hand me down jewelry pliers, some thrifted jewelry and a whole lot of determination. And today I'm lucky enough to be the founder and owner of an online retail site Moorea Seal, a brick and mortar shop in Seattle, WA with the same name, I have a staff of 12 incredible employees, my own jewelry line and growing wholesale lines, and now a beautiful journal in the 52 Lists Project that perfectly exemplifies the life I lead, the type of attitude I work hard to cultivate, and the lifestyle that I promote, one that is rich with self investment, compassion, hard work, and love.

I hope that with the 52 Lists Project, everyone who uses the journal finds beautiful reminders through their lists of the good hearts that lie within them, the strength that they already have harnessed inside, their wisdom built off of years of experiences, and loads of encouragement and fun! 52 Lists is so simple and easy to use, just take a few minutes or an hour a week to sit down and write your list. Snuggle up with your favorite hot drink in the winter time, or lay in the sunshine in the summer and let the prompts guide your thoughts, pushing you to a brighter and more joyful life.

xo Moorea Seal

From the Back Cover

Create 52 Lists, one for every week of the year, that will help you discover the beauty, joy, creativity, and

power you already have! Get ready to celebrate, enjoy, and take ownership of your life, as each week of the year becomes more thoughtful and vibrant.

Users Review

From reader reviews:

Shane Bodine:

Do you have favorite book? If you have, what is your favorite's book? Guide is very important thing for us to find out everything in the world. Each guide has different aim or even goal; it means that reserve has different type. Some people really feel enjoy to spend their time for you to read a book. These are reading whatever they acquire because their hobby is actually reading a book. How about the person who don't like looking at a book? Sometime, man or woman feel need book after they found difficult problem or perhaps exercise. Well, probably you will need this The 52 Lists Project: A Year of Weekly Journaling Inspiration.

John Herrera:

People live in this new morning of lifestyle always attempt to and must have the extra time or they will get lot of stress from both day to day life and work. So , if we ask do people have time, we will say absolutely of course. People is human not just a robot. Then we consult again, what kind of activity are there when the spare time coming to a person of course your answer will probably unlimited right. Then ever try this one, reading publications. It can be your alternative with spending your spare time, typically the book you have read is The 52 Lists Project: A Year of Weekly Journaling Inspiration.

Juli Gadberry:

Do you have something that that suits you such as book? The book lovers usually prefer to pick book like comic, limited story and the biggest an example may be novel. Now, why not striving The 52 Lists Project: A Year of Weekly Journaling Inspiration that give your enjoyment preference will be satisfied by reading this book. Reading behavior all over the world can be said as the opportunity for people to know world far better then how they react toward the world. It can't be mentioned constantly that reading routine only for the geeky particular person but for all of you who wants to possibly be success person. So , for all of you who want to start studying as your good habit, you may pick The 52 Lists Project: A Year of Weekly Journaling Inspiration become your own starter.

Joyce Tower:

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