



## My Bullshit List: A Notebook to Release Bullshit Everyday (Spots, Black, Flowers)

By Nicole Cappelleri

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The My Bullshit List Notebooks put a modern spin on the daily journal. Think less of what you did that day and more of what was total bullshit. Daily frustrations, conflict and stress will disappear when you write them down in this handy little notebook. Your daily bullshit will be in an easy to read list with corresponding numbers and the date. Small enough to take with you everywhere and yet big enough to make a life changing difference. Start releasing the bullshit from your life today! 5.25 x 8 (13.335 x 20.32 cm) 126 pages Also available: Black/Flowers.



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