

## NOTE TO SELF OSHEA SAMARA%0A

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1330V: Notes to Self - Samara O'Shea

Note to Self is a guidebook for anyone interested in keeping a journal. With chapters like Sense of Self, which the above quote was taken from, Romance on Record, writing about the relationships that went right (or wrong), or Intimate Details about being honest with yourself when writing, O'Shea did a great job in bringing almost every area of journal writing to readers.

[Note to Self: On Keeping a Journal and Other Dangerous ...](#)

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[Note to Self - Samara O'Shea - Hardcover - harpercollins.ca](#)

Keeping a journal is easy. Keeping a life-altering, soul-enlightening journal, however, is not. At its best, journaling can be among the most transformative of experiences, but you can only get there by learning how to express yourself fully and openly. Enter Samara O'Shea. O'Shea charmed readers.

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Note to Self completely turned that conception around. What I like the best about this book is its honesty. Samara O'Shea really bares all to her readers, in a no-holds-barred approach that shocked me into being more honest to myself and my friends.

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Enter Samara O'Shea. O'Shea charmed readers with her elegant and witty For the Love of Letters. Now, in Note to Self, she's back to guide us through the fun, effective, and revelatory process of journaling.

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Along the way, selections from O'Shea's own journals demonstrate what a journal should be: a tool to access inner strengths, uncover unknown passions, face uncertain realities, and get to the center of self. To help create an effective journal, O'Shea provides multiple suggestions and exercises, including:

**Note to Self Quotes by Samara O'Shea - Goodreads**

Note to Self Quotes Showing 1-9 of 9 There are two times in life when you're madly in love and when your heart is good and broken that you'll inadvertently pay more attention to the words around you.

**Samara O'Shea (Author of Note to Self) - goodreads.com**

Samara O'Shea I heat water for tea then stare blankly at my computer for a while--maybe read an article or two. When the tea kettle starts screaming, I'm thrilled more I heat water for tea then stare blankly at my computer for a while--maybe read an article or two.

**Note to Self (eBook) by Samara O'Shea (Author)**

For the Love of Letters, by Samara O'Shea. Open eBook Preview