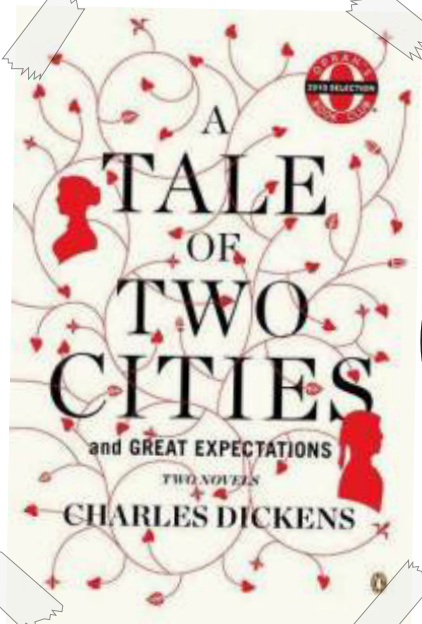


this is my moleskine

Possible Book Club Books



The Tale of Two Cities.
By Charles Dickens.

Political
Love
Passion



Freedom
By Jonathan Franzen

Family
Feminine view

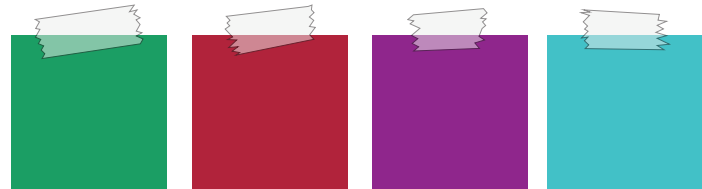
Should You Burn
Your diaries?

Blog topics: ~~Are diaries really important?~~

I still keep a journal, and I don't think I want anyone to read it. And yet I gasped when I read the first line of Dominique Browning's thought-provoking piece in the New York Times: "I just ~~burned~~ burned 40 years' worth of diaries."

An admitted snoop, Browning writes, "I didn't want anyone else reading my diaries, ever," and, "Diaries are irresistible." She makes it sound so simple. She doesn't want her grown sons to read her ~~personal~~ private papers. ~~the~~ So she destroys the papers. Easy. Done.

Why do we keep writing these things, if we really, really, really don't want anyone to read them? Browning astutely describes the act of keeping a diary as a form of "self-soothing." And I think there's another, sneaky motive hiding there. When most of us think of someone reading our diaries in the future, we don't really think of our children; we think of some blurry person of ~~posteriority~~ posterity, some spectral version of ourselves, our legions of imaginary unborn fans. In a way, maybe I was writing my childhood diary for the same reason I was keeping it locked—the invented idea that someone, somewhere wanted to read it.



Winter collection
colors

Thought of the day

We can reside in a place of desperation, panic, and fear—or we can literally give ourselves some breathing space. Take in a few deep breaths. Exhale. And focus on what we need instead of what we've been striving to have.

Blog topics: To Declutter your life.

This principle alone eliminates a lot of clutter. And once you get that far, you want other areas of your life decluttered. In case you're looking for inspiration, here's my list:

- Relationship to self—good ~~relationships~~ self-care, self-value, and self-worth
- Relationship to others—do the people you love encourage your personal growth, or block it? Dynamics and outdated scripts open, free, and spontaneous being
- Relationship to emotional life—relationships that no longer serve you.
- Relationship to work—not only reducing paperwork, inefficiency, and overcommunication, but also to create a balanced workload and make your work invigorating, inspiring, collaborative, and empowering to others.
- Relationship to nature and play—seeing these as ~~emotions~~ and opportunities to fill your life with truth and joy.

Oprah

You have a message from Michelle. She wants to reschedule the lunch

expressions of love

The night of inauguration



☆LifeClass Lessons:☆

- Lesson 1: The False Power of Ego
- Lesson 2: Letting Go of Anger
- Lesson 3: You Become What You Believe
- Lesson 4: The ~~False~~ Truth Will Set You Free

Oprah Winfrey