



## The Bar Exam Mind Bar Exam Journal: Guided Writing Exercises to Help You Pass the Bar Exam

By Matt Racine

Lake George Press, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Keeping a Journal will help you Pass the Bar Exam When facing a stressful and potentially anxiety-provoking situation like bar exam preparation, honest self-reflection can illuminate the causes of the stress and anxiety and help alleviate them. If all you do is study, study, study, without spending time to assess the progress of your studies and how all the studying makes you think and feel about yourself and your future, you will not understand what is happening in your mind. Keeping a bar exam journal can help you gain this understanding. The Bar Exam Mind Bar Exam Journal contains a detailed discussion of why journaling is so helpful and effective while you prepare for the bar exam. Then, the book provides you with a series of journaling exercises for you to complete while you are preparing for the bar exam. These exercises will help you work through any stress or anxiety you are having about the bar exam and enable you to clear your mind to focus on bar exam prep, rather than worries about your...



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