



Caffeinated Ideas Journal

Lisa McGuinness

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The *Caffeinated Ideas Journal* features witty text that defines ten types of creative inspiration and includes recipes for delicious specialty coffees and teas, is chalk full of enlightening quotes and has blank pages to jot ideas, thoughts, musings and dreams.

Pay attention to your hopes, desires and goals then write them down on these pages. Tuck this little book in your purse or backpack, put it on your bedside table or in the glove box of your car. Scrawl in it. Underline things that catch your attention. Doodle.

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