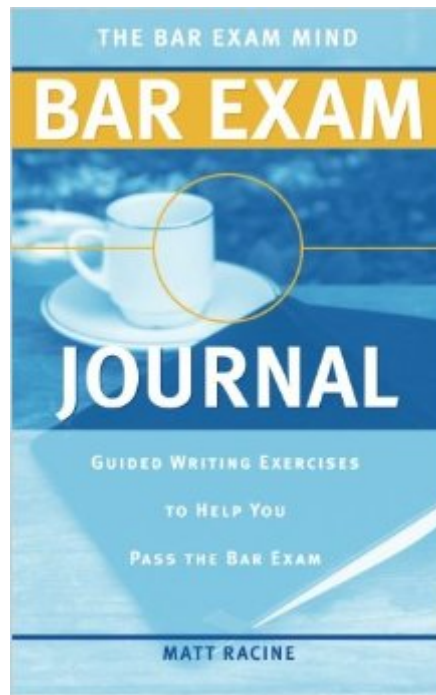


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# The Bar Exam Mind Bar Exam Journal: Guided Writing Exercises To Help You Pass The Bar Exam



## Synopsis

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 bar exam results. \*\*\* To learn more about how to prepare for the bar exam, visit [BarExamMind.com](http://BarExamMind.com).

## Book Information

Paperback: 102 pages

Publisher: Lake George Press; 1 edition (April 19, 2014)

Language: English

ISBN-10: 061598181X

ISBN-13: 978-0615981819

Product Dimensions: 5 x 0.3 x 8 inches

Shipping Weight: 5.9 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 starsÂ Â See all reviewsÂ (2 customer reviews)

Best Sellers Rank: #1,218,972 in Books (See Top 100 in Books) #135 inÂ Books > Education & Teaching > Higher & Continuing Education > Test Preparation > Professional > Bar Exam #384 inÂ Books > Law > Legal Education > Test Preparation #7173 inÂ Books > Textbooks > Test Prep & Study Guides

## Customer Reviews

Great teaching with information on how to mentally address bar exam.

It goes well with the Bar Exam Mind book. It is a nice supplement to take up while waiting for bar prep course to begin.

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