

Bmw 7 Series E38 Service Manual

Contains general information for technicians on the specifications, MIL resetting and DTC retrieval, accessory drive belts, timing belts, brakes, oxygen sensors, electric cooling fans, and heater cores of twenty-one types of import cars.

BMW, that most performance-oriented of car companies, had no affordable sports roadster in its line-up before 1995. Stung into action by Mazda's revival of the classic two-seater roadster, the Germany company quickly staked its claim with the Z3, a classic long-nose, short-tail design that used existing BMW mechanical hardware to good effect. This new book tells the story of BMW's Z3 and Z4 two-seater roadsters and coupes, which since 1995 have been at the forefront of the affordable sports car market. The history of the Z3 and both generations of Z4 are covered as well as full specifications of all models; the formidable M Power derivatives and a guide to buying and owning. The book is profusely illustrated with over 200 colour photographs and diagrams. Contents include: Historical background to BMW's arrival in the two-seater sports car market; Complete history of the Z3 and both generations of Z4; Full specifications of all models; The formidable M Power derivatives; Guide to buying and owning.

Electrical issues in European cars can be intimidating. The Hack Mechanic Guide to European Automotive Electrical Systems shows you how to think about electricity in your car and then take on real-world electrical problems. The principles discussed can be applied to most conventional internal-combustion-engined vehicles, with a focus on European cars spanning the past six decades. Drawing on The Hack Mechanic's wisdom and experience, the 38 chapters cover key electrical topics such as battery, starter, alternator, ignition, circuits, and relays. Through a practical and informal approach featuring hundreds of full-color illustrations, author Rob Siegel takes the fear-factor out of projects like making wire repairs, measuring voltage drops, or figuring out if you have a bad fuel pump relay. Essential tools such as multimeters (DVOM), oscilloscopes, and scan tools are discussed, with special attention given to the automotive multimeter needed to troubleshoot many modern sensors. You'll get step-by-step troubleshooting procedures ranging from safely jump starting a battery to diagnosing parasitic current drain and vehicle energy diagnosis. And you'll find detailed testing procedures for most problematic electrical components on your European car such as oxygen sensors, crankshaft and camshaft sensors, wheel speed sensors, fuel pumps, solenoids, and actuators. Reading wiring diagrams and decoding the German DIN standard are also covered. Whether you are a DIY mechanic or a professional technician, The Hack Mechanic Guide to European Automotive Electrical Systems will increase your confidence in tackling automotive electrical problem-solving. This book applies to gasoline and diesel powered internal combustion engine vehicles. Not intended for hybrid or electric vehicles.

In this manual, motoring historian James Taylor tells the story of the design, development and production of the BMW 5 Series, through each generation. Topics covered include: the history of BMW before the 5 Series; detailed model-by-model specifications; production details and running costs; M-Series and touring models; and advice on buying a BMW 5 Series today.

The BMW Z3 Service Manual: 1996-2002 is a comprehensive source of service information and technical specifications available for the BMW Z3 Roadster and Coupe up through the 2002 model year. New durable hardcover format - This BMW manual is now being published as a durable, long-lasting hardcover book designed to withstand many years of use in a professional shop or home garage. Though the do-it-yourself BMW owner will find this manual indispensable as a source of detailed maintenance and repair information, the BMW owner who has

no intention of working on his or her car will find that reading and owning this manual will make it possible to discuss repairs more intelligently with a professional technician.

The BMW 4 Series Service Manual: 2014-2016 contains in-depth maintenance, service and repair information for the BMW 4 Series from 2014 to 2016. The aim throughout has been simplicity and clarity, with practical explanations, step-by-step procedures and accurate specifications. Whether you're a professional or a do-it-yourself BMW owner, this manual helps you understand, care for and repair your 4 Series. The do-it-yourself BMW owner will find this manual indispensable as a source of detailed maintenance and repair information. Even if you have no intention of working on your vehicle, you will find that reading and owning this manual makes it possible to discuss repairs more intelligently with a professional technician. Features: *Maintenance procedures from changing the cabin microfilter to replacing and registering a new battery. This manual tells you what to do and how and when to do it. *Front-to-rear fluid and lubricant service, including xDrive transfer case fluid and ATF. *Cylinder head cover gasket and crankshaft seal replacement. *Cooling system, thermostat and radiator service. *Gasoline fuel and ignition system diagrams and explanations for turbo-valvetronic-direct injection (TVDI) engines. *Service and repair information on BMW EfficientDynamics technology, such as Valvetronic, xDrive, TwinPower turbo, and DSC (dynamic stability control). *Twin scroll (gasoline) turbocharger replacement for 4- and 6-cylinder engines. *Step-by-step variable camshaft timing (VANOS) service. *Suspension repairs, including wheel bearing replacement. *Brakes, steering and ABS troubleshooting and repair. *Heating and air-conditioning repair, including A/C component replacement. *Body and lid repairs and adjustments, including Gran Coupe tailgate and rear doors. *Retractable hardtop service, including electrical, mechanical and hydraulic component operation, locations and replacement. *Electrical system service, with an easy-to-use illustrated component locator section. *Comprehensive wiring schematics, including fuses and grounds. *BMW OBD II diagnostic trouble codes, SAE-defined OBD II P-codes, as well as basic scan tool operation. *BMW factory tolerances, wear limits, adjustments and tightening torques. Engines: *N20 engine: 428i, including xDrive *N26 (SULEV) engine: 428i including xDrive *N55 engine: 435i, including xDrive Manual transmissions: *GS6-17BG (4-cylinder models) *GS6-45BZ (6-cylinder models, RWD) *GS6X-45BZ (6-cylinder models, with xDrive) Automatic transmissions: *ZF GA8HP45Z

Mechanically timed ignition is easy to understand and wonderfully straightforward to diagnose and repair, which is good because it's one of the most likely things on an older car to die and leave you in the lurch. Rob Siegel--better known as the Hack Mechanic-- explains how mechanical ignition works and discusses in detail how to set timing and advance. There is also a full chapter on troubleshooting mechanical ignition problems. Illustrated with over 100 photos and diagrams and supported by clear, step-by-step instructions, the Mechanical Ignition Handbook features sections on: *mechanical ignition basics and components *common repairs and recommended tools *adjusting point gap *setting dwell angle *locating the timing mark *finding top dead center *setting static and dynamic ignition timing *using both a standard and an advance timing light *testing coil resistance *Retrofitting breakerless electronic ignition (for those who say "enough!") Applies to vintage cars from the 1950s up through the mid 1980s that have either points and breakers or mechanical ignition advance, including: Porsche 356, Mechanically-timed Porsche 911, BMW 1600, BMW 2002, Ferrari 365, MGB, Austin-Healey Sprite, Jaguar E-Type, Triumph Spitfire, Triumph TR3, Mercedes models including the Mercedes 190 SL, Volkswagen Beetle, early Volvo, Pontiac GTO, vintage Chevrolet Camaro and other American muscle cars.

The BMW 7 Series (E38) Service Manual: 1995-2001 is a comprehensive source of service information and specifications for BMW 7 Series models from 1995 to 2001. Whether you're a professional or a do-it-yourself BMW owner, this manual will help you understand, care for and

repair your car. Bentley repair manuals provide the highest level of clarity and comprehensiveness for service and repair procedures. If you're looking for better understanding of your 1995 through 2001 7 Series BMW, look no further than Bentley.

The ultimate service manuals! Bentley manuals are the only comprehensive, single source of service information and specifications available for BMW cars. These manuals provide the highest level of clarity and completeness for all service and repair procedures. Enthusiasts, do-it-yourselfers, and professional technicians will appreciate the quality of photographs and illustrations, theory of operation, and accurate step-by-step instructions. If you are looking for better understanding of your BMW, look no further than Bentley. Even if you do not repair your own vehicle, knowledge of its internal workings will help you when discussing repairs and maintenance with your professional automotive technician. This Bentley Manual is the only comprehensive, single source of service information and specifications available specifically for BMW 5 Series from 1997 to 2002. The aim throughout this manual has been simplicity, clarity and completeness, with practical explanations, step-by-step procedures and accurate specifications. Whether you are a professional or a do-it-yourself BMW owner, this manual will help you understand, care for and repair your E39 5 Series. Though the do-it-yourself BMW owner will find this manual indispensable as a source of detailed maintenance and repair information, the BMW owner who has no intention of working on his or her car will find that reading and owning this manual will make it possible to discuss repairs more intelligently with a professional technician.

If you own one of these fabulous cars then you know how fun it is to drive. And, you probably know that your MINI is packed with some of BMW's latest automotive technology. But if you want to maintain and repair your car yourself (or just want to understand what's going on under the bonnet), you'll be wanting the MINI Cooper, Cooper S 2002-2004 Service Manual by Bentley Publishers. This is the only comprehensive, single source of service information and specifications available for MINI models from 2002-2004. The aim throughout this manual has been simplicity, clarity and completeness, achieved through practical explanations, step-by-step procedures and accurate specifications. Whether you're a professional technician or a do-it-yourself MINI owner, this manual will help you understand, care for and repair your car. Bentley Publishers' new MINI service and repair manual is based on factory information, but is heavily supplemented by hands-on experience and illustrations. The service manual editorial team has disassembled and photographed several MINI models for this project in the Bentley Service Information Research Center.

If you're looking for better understanding of your E36 BMW, look no further! See and learn how to perform routine maintenance procedures with the highest level of clarity and comprehensiveness. This in-depth manual provides maintenance procedures for everything from brake fluid changes to resetting the service indicator. Covers M3, 318i, 323i, 325i, 328i, sedan, coupe and convertible models 1992-98.

After a mysterious attack wipes out the major cities of 19th century Japan, Korea, and China, survivors from all three lands find refuge on a hidden island and build a new society. Hana, the orphaned daughter of Korean peasants, and Kenichi, son of a great samurai leader, have little in common except for a mutual disdain for the other. But these young warriors will have to work together

when an army invades the island with shocking news: there is a new Shogun and the Island is expected to pay fealty in exchange for protection from a new enemy...a mutated horde that threatens to wipe out all humanity. Award-winning writer Greg Pak (Firefly, Mech Cadet Yu) and artist Giannis Milonogiannis (Prophet) present a story that examines how we move forward when our past divides, set against the backdrop of a post-disaster 19th century Japan.

The BMW X3 (E83) Service Manual: 2004-2010 contains in-depth maintenance, service and repair information for the BMW X3 from 2004 to 2010. The aim throughout has been simplicity and clarity, with practical explanations, step-by-step procedures and accurate specifications. Whether you're a professional or a do-it-yourself BMW owner, this manual helps you understand, care for and repair your BMW. Engines covered: M54 engine: 2.5i, 3.0i (2004-2006) N52 engine: 3.0si, xDrive 30i (2007-2010) Transmissions covered: Manual: ZF GS6-37BZ (6-speed) Automatic: GM A5S390R (5-speed) Automatic: GM GA6L45R (6-speed) "Service and repair information for Porsche 911 vehicles, Type 993, applicable to model years 1995, 1996, 1997, and 1998"-- With a Haynes manual, you can do it yourself...from simple maintenance to basic repairs. Haynes writes every book based on a complete teardown of the vehicle. We learn the best ways to do a job and that makes it quicker, easier and cheaper for you. Our books have clear instructions and hundreds of photographs that show each step. Whether you're a beginner or a pro, you can save big with Haynes!

An exclusive look at one of the world's most successful and controversial companies, and the mysterious family behind it. BMW is arguably the most admired carmaker in the world. It's financial performance is the envy of its competitors, and BMW products inspire near-fanatical loyalty. While many carmakers struggle with falling sales, profits and market share, demand for BMWs continues to grow, frequently outpacing production. Now, David Kiley-Detroit Bureau Chief at USA Today and author of Getting the Bugs Out, which covered Volkswagen's demise and rebirth, goes inside the fabled German automaker to see how it does what it does so well. With unprecedented access to BMW executives, Kiley goes behind the walls of BMW's famed "Four Cylinders" headquarters in Munich at a time when the company is in its most aggressive, and some say riskiest, expansion in its history and when some of the company's new products, like the 7 Series sedan and Z4 roadster, are for the first time drawing as many barbs from critics as bouquets. Kiley covers intimate details of the boardroom drama surrounding the company's nearly disastrous acquisition and subsequent sale of the British Rover Group and its expansion into selling MINI and Rolls Royce cars. Besides being a world-class carmaker, BMW is also considered one of the smartest consumer marketing companies and Kiley explores the extraordinary value and management of the BMW brand mystique. He also takes a revealing look at the mysterious and ultra-private Quandt family of Bad Homburg Germany, which owns a controlling stake in BMW: Johanna and Susanne Quandt, two of the wealthiest women in Europe and Stefan Quandt, one of the wealthiest bachelors on the continent. David Kiley (Ann Arbor, MI) is the Detroit Bureau Chief at USA Today who has covered the auto industry for 17 years. He has been featured on Nightline, CNBC, CNN, MSNBC, NPR and the Today show. He is also the author of Getting the Bugs Out: The Rise, Fall, and Comeback of Volkswagen in America (0-471-26304-4), also available from Wiley.

The BMW 7 Series (E38) Service Manual: 1995-2001 is a comprehensive source of service information and technical specifications available for the BMW 7 Series models from 1995 to 2001. Whether you're a professional or a do-it-yourself BMW owner, this manual will help you understand, care for and repair your car. Models, engines and transmissions covered: * 740i, 740iL: M60 4.0 liter, M62 or M62 TU 4.4 liter * 750iL: M73 or M73 TU 5.6 liter Engine management systems (Motronic): * Bosch M3.3 (OBD I) * Bosch M5.2 (OBD II) * Bosch M5.2.1 (OBD II) * Bosch M5.2.1 (OBD II / LEV) * Bosch ME 7.2 (OBD II) Automatic transmissions * A5S 560Z * A5S 440Z

Telematics in the automotive industry are the most popular example of Connected Services. But despite their implementation in several million of vehicles worldwide, there has only been little consideration in research. Clemens Hiraoka analyzes the entire customer lifecycle from awareness, acceptance, and usage to the renewal of the service contract and uncovers the drivers in each of these stages. His evaluation gives a series of new implications for management and research.

“Tremendous. This guy has done history like you would not believe.” —Glenn Beck The secrets of history’s most enduring mystery are finally revealed in *The Lost Empire of Atlantis*. Through impeccable research and intelligent speculation, Gavin Menzies, the New York Times bestselling author of *1421*, uncovers the truth behind the mysterious “lost” city of Atlantis—making the startling claim that the “Atlanteans” discovered America 4,000 years ago and ruled a vast Mediterranean empire that was violently destroyed in 1,500 BC. Forget everything you’ve ever thought about the Atlantis legend—Gavin Menzies will make you a believer!

BMW owners and BMW CCA members provide specific information for your BMW: - Valuable insights and technical information ranging from basic service tips to advanced driving theory- Inside secrets on maintaining and preserving your BMW, from properly washing and waxing your car, to how to reset the service indicator lights- Driving techniques ranging from basic car control to choosing apexes on the track- Discover whether your car oversteers or understeers, and how weight transfer affects traction and vehicle performance- Learn the difference between torque and horsepower, and how to select the right tires for your BMW- Find out which performance modifications work, which ones don't and why

The E30 3 Series was the car that defined BMW more than any other during the 1980s, and it has gone on to become a much-loved modern classic. This book tells the full story of the cars from the time in 1976 when work first began on the successor to the original E21 3 Series. This new book features the story of how and why BMW designed their new compact E30 saloon for the 1980s; the styling, engineering and specification changes introduced over the lifetime of the model. There are full technical specifications, including paint and interior trim choices given along with a chapter on the special US variants. Details of the M3 and the cars produced by the leading German tuners and finally, there is a chapter on buying and owning a BMW E30.

With its highly readable text and stunning illustrations, this masterpiece of a book tells the story of the creation, evolution and exploitation of the V12 engine. From the big American V12s of the early 1900s to today's Aston Martin Vanquish V12, these glorious engines have been revered as more than just feats of engineering; in many cases they are respected as works of art. Here is an insightful, analytical and technical history of the V12 engines that have powered some of the most exciting and dramatic cars ever built for road or track.

The BMW X5 (E53) repair manual: 2000-2006 contains in-depth maintenance, service and repair information for BMW X5 models from 2000 to 2006. The aim throughout has been simplicity and clarity, with practical explanations, step-by-step procedures and accurate specifications. Whether you're a professional or a do-it-yourself BMW owner, this manual helps you understand, care for and repair your BMW. Models and engines: * 3.0i M54 engine, 6-cylinder 3.0 liter * 4.4i M62 TU engine, V8 4.4 liter * 4.4i N62 engine, V8 4.4 liter (Valvetronic) * 4.6is M62 TU

engine, V8 4.6 liter * 4.8is N62 engine, V8 4.8 liter (Valvetronic) Transmissions (remove, install, external service): * Manual 5-speed S5D 280Z * Manual 6-speed GS6-37BZ * Automatic 5-speed A5S 390R * Automatic 5-speed A5S 440Z * Automatic 6-speed GA6HP26Z BMW 3- & 5-Series Petrol (81 - 91) up to J 3-Series (E30) 316, 316i, 318i, 320i, 325i; Saloon, Touring & Convertible (83 - 91, up to H). 5-Series (E28) 518, 518i, 525i, 528i, 535i, M535i; Saloon (81 - 88, up to F). 5-Series (E34) 518i, 520i, 525i, 530i, 535i; Saloon & Touring (88 - 91, F to J). Does NOT cover models with DOHC, V8 or Diesel engines, or 4x4. For other 3- & 5-series models see manuals no. 0276, 0632, 0815, 1560 or 3210 Petrol: 1.6 litre (1596cc) 1.8 litre (1766 & 1795cc) 2.0 litre (1990cc). 2.5 litre (2494cc). 2.8 litre (2788cc) 3.0 litre (2986cc) & 3.5 litre (3430cc) SOHC.

The BMW 3 Series (F30, F31, F34) Service Manual: 2012-2015 contains in-depth maintenance, service and repair information for the BMW 3 Series from 2012 to 2015. The aim throughout has been simplicity and clarity, with practical explanations, step-by-step procedures and accurate specifications. Whether you're a professional or a do-it-yourself BMW owner, this manual helps you understand, care for and repair your 3 Series. Engines (Gasoline): N20 engine: 320i, 328i, including xDrive N26 (SULEV) engine: 328i including xDrive N55 engine: 335i, including xDrive

This Bentley Manual is the only comprehensive, single source of service information & specifications available for BMW Z3 Roadster from 1996 to 1998. The aim throughout this manual has been simplicity, clarity & completeness, with practical explanations, step-by-step procedures, & accurate specifications. Whether you're a professional or a do-it-yourself BMW owner, this manual will help you understand, care for, & repair your Z3 Roadster.

Since its introduction in 1975, the BMW 3-series has earned a reputation as one of the world's greatest sports sedans. Unfortunately, it has also proven one of the more expensive to service and maintain. This book is dedicated to the legion of BMW 3-series owners who adore their cars and enjoy restoring, modifying, and maintaining them to perfection; its format allows more of these enthusiasts to get out into the garage and work on their BMWs-and in the process, to save a fortune. Created with the weekend mechanic in mind, this extensively illustrated manual offers 101 projects that will help you modify, maintain, and enhance your BMW 3-series sports sedan. Focusing on the 1984-1999 E30 and E36 models, 101 Performance Projects for Your BMW 3-Series presents all the necessary information, covers all the pitfalls, and assesses all the costs associated with performing an expansive array of weekend projects.

The light-duty vehicle fleet is expected to undergo substantial technological changes over the next several decades. New powertrain designs, alternative fuels, advanced materials and significant changes to the vehicle body are being driven by increasingly stringent fuel economy and greenhouse gas emission standards. By the end of the next decade, cars and light-duty trucks will be more fuel efficient, weigh less, emit less air pollutants, have more safety features, and will be more expensive to purchase relative to current vehicles. Though the gasoline-powered spark ignition engine will continue to be the dominant powertrain configuration even through 2030, such vehicles will be equipped with advanced technologies, materials, electronics and controls, and aerodynamics. And by 2030, the deployment of alternative methods to propel and fuel vehicles and alternative modes of transportation, including autonomous vehicles, will be well underway. What are these new technologies - how will they work, and will some technologies be more effective than others? Written to inform The United States Department of Transportation's National Highway Traffic Safety Administration (NHTSA) and Environmental Protection Agency (EPA) Corporate Average Fuel Economy (CAFE) and greenhouse gas (GHG) emission standards, this new report from the National Research Council is a technical evaluation of costs, benefits, and implementation issues of fuel reduction technologies for next-generation light-duty vehicles. Cost,

Effectiveness, and Deployment of Fuel Economy Technologies for Light-Duty Vehicles estimates the cost, potential efficiency improvements, and barriers to commercial deployment of technologies that might be employed from 2020 to 2030. This report describes these promising technologies and makes recommendations for their inclusion on the list of technologies applicable for the 2017-2025 CAFE standards.

From the exotic M1 and 850Csi to the popular 3. 5- and 7-Series sports luxury tourers, this all-color Buyer's Guide points the way through the full history of the BMW marque, and offers valuable specifications, production numbers, investment advice, and more. Take the "ultimate driving machine" out for a test drive before you buy! Comparable title; Illustrated BMW Buyer's Guide, 2nd ed (0-87938-754-8)

This Bentley Manual is the only comprehensive, single source of service information and specifications for BMW 3 Series (E30) cars from 1984-1990. Whether you're a professional technician or a do-it-yourself BMW owner, this manual will help you understand, maintain, and repair every system on 3 Series cars.

BMW 7 Series (E38) Service Manual 740i, 740iL, 750iL: 1995, 1996, 1997, 1998, 1999, 2000 2001

This BMW Repair Manual: 3 Series (E46): 1999-2005 is a comprehensive source of service information and technical specifications available for the BMW E46 platform 3 Series models from 1999 to 2005. Whether you're a professional or a do-it-yourself BMW owner, this manual will help you understand, care for and repair your car. Though the do-it-yourself 3 Series owner will find this manual indispensable as a source of detailed maintenance and repair information, the owner who has no intention of working on his or her car will find that reading and owning this manual will make it possible to discuss repairs more intelligently with a professional technician. BMW E46 models and engines covered in this repair manual: * 323i/Ci (M52 TU, 2.5 liter engine) * 328i/Ci (M52 TU, 2.8 liter engine) * 325i/Ci/xi (M54 / M56, 2.5 liter engine) * 330i/Cis/xi (M54, 3.0 liter engine) * M3 (S54, 3.2 liter Motorsport engine)

A practical restoration manual on the E36, the 3 Series BMWs built between 1990 & 1999. Covers all models from the 316 compact to the M3. Advice is given on acquiring a good pre-owned example plus restoring & modifying engines, bodywork, trim, electrics, suspension & mechanical parts. Detailed information on Alpina & M3 cars. A total of 148 fully illustrated colour and black & white

Bentley Publishers is proud to announce the publication of the BMW Z3 Roadster Service Manual: 1996-2002. This repair manual supersedes our 1996 through 1998 BMW Z3 repair manual with four more model years of coverage and repair information for the M Coupe and M Roadster. With extensive new information as well as revisions throughout, this book is the comprehensive source of service information and technical specifications available for the BMW Z3 Roadster and Coupe.

The BMW 5 Series (E60, E61) Service Manual: 2004-2010 contains in-depth maintenance, service and repair information for the BMW 5 Series from 2004 to 2010. The aim throughout has been simplicity and clarity, with practical explanations, step-by-step procedures and accurate specifications. Whether you're a professional or a do-it-yourself BMW owner, this manual helps you understand, care for and repair your BMW. discuss repairs more intelligently with a professional technician. Models covered 525i and 530i * M54 engine (2004-2005) * N52 engine (2006-2007) 528i * N52K engine

(2008-2010) 535i * N54 twin turbo engine (2008-2010) 545i * N62 V8 engine (2004-2005) 550i * N62 TU V8 engine (2006-2010)

With a Haynes manual, you can do it yourself from simple maintenance to basic repairs. Haynes writes every book based on a complete teardown of the motorcycle. We learn the best ways to do a job and that makes it quicker, easier and cheaper for you. Our books have clear instructions and hundreds of photographs that show each step. Whether you're a beginner or a pro, you can save big with Haynes!

- Step-by-step procedures
- Easy-to-follow photos
- Complete troubleshooting section
- Valuable short cuts
- Model history and pre-ride checks in color
- Color spark plug diagnosis and wiring diagrams
- Tools and workshop tips section in color

Complete coverage for your BMW R1200 Twins, 2004 thru 2009

- Routine Maintenance
- Tune-up procedures
- Engine, clutch and transmission repair
- Cooling system
- Fuel and exhaust
- Emissions control
- Ignition and electrical systems
- Brakes, wheels and tires
- Steering, suspension and final drive
- Frame and bodywork
- Wiring diagrams

WHAT'S YOUR HAPPY SPACE ... Blank Sketchbook, Journal, Thought processor...Do you write to relax? Journal to slow your mind? Doodle? Colour? Draw? Is it one of them or all of them? Do you like just like having the feel of something holding your thoughts close to you? This little book can help you find those spaces that bring you calm. From the cover that will make you smile to the pages inside waiting for your inspiration, I'd love it if you could use this journal to pour yourself in to. Whenever and wherever you need to find yourself or take a minute to love yourself - these pages are where you can find that...So go on, write it down, draw it out, sketch it wildly and find what's your happy space...

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