



The Statistical Life of Me

Emily Higgins

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This book is a book of statistics: Your Statistics.

Record your moods, habits, diet, thoughts, screen-time, vices, relationships, and so on. Cross reference any statistics to discover life patterns you never knew existed.

Get to know yourself.

The Statistical Life of Me Details

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This is a new type of journal, having many ways of looking at daily life and keeping a record of feelings and activities. I want to save this for January 2017. I received my copy free through Goodreads.

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Diane says

I won this book in a Goodreads first-reads giveaway.

Fresh and interesting new way to journal about one's life, makes you think about your daily life and see patterns in the way you live. Very intriguing concept.

Maegan Delorme says

I won this book on goodreads. it's really interesting, I've never seen a journal like it before. it's well written. I'm trying to challenge myself to write in it more consistently, will update when I've filled up the book.
