

My Gratitude Journal: Abstract Black Background, 6 X 9, 100 Days with an Attitude of Gratitude



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Reviews

It is great and fantastic. It can be written in easy phrases and never hard to understand. You will not really feel monotony at any time of your respective time (that's what catalogues are for concerning if you request me).

(Michel Halvorson)

MY GRATITUDE JOURNAL: ABSTRACT BLACK BACKGROUND, 6 X 9, 100 DAYS WITH AN ATTITUDE OF GRATITUDE



Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Your Gratitude Journal Choosing an attitude of gratitude each day is not an easy feat for some people. It takes practice which is why maintaining a gratitude journal is so important. Our lives are full of challenges which can cause stress, depression and anger issues. We lose sight of what we have to be grateful for when the bills pile up, the car breaks down and the hot water heater quits. We become what we think about most of the time and attract to ourselves those exact thoughts. If we are always thinking negatively then negative things happen. With a gratitude journal it is a daily reminder that we have more than we think. Why not harness the power of a gratitude journal by focusing only on positive thoughts? Positive thinking has been proven to decrease stress, aid with depression and improve your health. A lot of diseases are being linked back to stress and negativity. By writing in this book, which will only take about 5 minutes a day, you will begin to see how you have a great life. Inside you will find short inspirational quotes to keep you motivated and feeling inspired. If you are ready to benefit from an attitude of gratitude, scroll up and hit the orange buy button today.



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