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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Five Minute Gratitude Journal - Imagine spending 5 minutes a day developing an attitude for gratitude and seeing your life change in front of your eyes. It has been proven that by developing good gratitude habits, you will experience a happier life and will for the first time feel more content and fulfilled. There has literally been thousands of Five Minute Journals sold which proves that more and more people are trusting the universe will work with them to find joyfulness and tranquility in their lives. The book is beautifully designed with a beautiful heart on the front with positive words, it measures 6 x 9 so it is perfect for keeping at the side of your bed or on your desk so you have it to hand at all times. Inside the book there is room for over 200 entries with a useful quote on each page by a range of authors and scholars who have each experienced the power of gratitude. The book forces you to develop an attitude of gratitude in order to reap the rich benefits that life has to offer. It makes the perfect gift for pessimists and optimists alike (pessimists will be forced to be more optimistic) as they move throughout the year with a different attitude. Experience the most positive period in your life yet, get your Five Minute Gratitude Journal today.



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