My Gratitude Journal: Ocean Sunset, 6 X 9, 100 Days with an Attitude of Gratitude



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Reviews

Thorough manual for publication fanatics. It is actually rally intriguing throgh reading through period of time. Its been written in an remarkably simple way and is particularly only after i finished reading through this book in which actually transformed me, change the way i think. (Morris Schultz)

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MY GRATITUDE JOURNAL: OCEAN SUNSET, 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 JournalChoosing 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 ll 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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