



Gratitude Journal: A Happier You in 2 Minutes a Day (Paperback)

By Gratitude Journal

On Demand Publishing, LLC-Create Space, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. THE SIMPLEST WAY TO START YOUR DAY HAPPY - Using the science of positive psychology to improve happiness, The three Minute Journal focuses your attention on the good in your life. Improve your mental well-being and feel better every day. this Journal helps you cultivate gratitude. It changes how you feel, alters the actions you take, and therefore the results you will create. negativity be gone!.



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