



Robie Rogge and

Do One Thing Every Day That Makes You Happy: A Journal (Do One Thing Every Day Journals)



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Each day presents a chance to find delight, whether in your surroundings, your work, your relationships, your insights, or your actions. I'll measure your pleasure at the outset and along the way; after a year 'You' This journal will show you to look outside and inside you to ultimately discover and appreciate what makes you happiest. With prompts and exercises, the wise words of writers, musicians, philosophers, and leaders can help you reflect on what fills you with joy. s worthy of of delight, your smile can be bigger than ever before.



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Don't Hesitate - Increase it to your cart right now! A wide variety of exercises throughout this journal, from physical exercises to basic questions. Love it I really like this. Gets you out to do the same repetitive points every day. It's a nice way to end every day. Ideal for teens :) Deeply in love with this journal In LOVE with this journal. To find the happy moments in a busy world. If you are looking at this as something to include just a little sunshine to your day, or also as a gift, I would not hesitate. It really is a lovely book and I really believe you will end up being pleased with your purchase :). Out of your safe place Really helps you to think.I've one myself and also have also gifted it. Because life is short I really like this little book, great ideas on ways to take a deep breath and get back to center. Young teens maybe. Kind of boring for adults lol Not really for adults. As a solid type A, I must say i need this! Could possess better suggestions. Graduation present for a young lady for university.It helps you focus on the little things. It makes me take a step away from the day, and concentrate on the good. I love this! I'm so pleased I have this! I would recommend for future versions of this to make it with a cable bound spin to make it simpler to write in, but the content is good. The colors are great and it includes a good variety of quotations. It asks interesting queries, and it enables you to take the time to reflect on positive points without requiring too much writing. I really like that it has a lot of different facets of being happy, and you do not have to follow every day in a row, that it is more of perform at your personal pace, leap around and complete how you want. A graduate gift so they don't forget... Five Stars Really great book, plan to buy more from this series. Great Gift First got it for my mom it's such a pretty book and she loves using it Doesn't provide credit for others work I liked this until I came across they labeled a famous John Wesley quote as "anonymous" which then leads me to be concerned with the reliability of the book as a whole. Nice Clear and lite One Star Reserve came in terrible form. Great gift idea Great small present for grads from a variety of sources.



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