



instant **HAPPY** journal

365 days of inspiration,
gratitude, and joy

KAREN SALMANSOHN

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**Instant Happy Journal: 365 Days of Inspiration,
Gratitude, and Joy**



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Each page features a specific intention, inspiring quote, amazing scientific reality, or thought-provoking issue to ponder.happiness prompters," this vibrant journal will brighten your day.Jam-packed with 365 " When you strategy your day with Salmansohn's "pleasure prompters" in mind, you amp up your capability to see (and create! When you end your entire day writing about what went right, you additional strengthen your happiness mindset. But that's simply half of what it takes to live a supremely content life. With fill-in dates to be able to compose and reflect at your own pace, this little journal features a graphic design and refreshing attitude ideal for today's contemporary happiness-seeker.) a lot more joyous moments in your entire day. This journal teaches the top two habits of happy people: to normally set their purpose to take pleasure from a happy day, then end your day reflecting on what produced them happy.



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Well worth it First, my favorite thing about this journal is that the dates aren't pre-filled in. The only real negative is that it's sort of a weird shape/size. This journal redirects our concentrate to the good, which in exchange helps us to feel happier and feel much better about ourselves. I really do think that the name is stretching it a little. It could bring your mood up, but frequently it's definitely not a 'happy pill', but it does make you think which may put you on the trail back to happiness. Some of the composing prompts really make you think and some make you laugh. Whether you're struggling with a mental illness/disorder, or you just want an excellent journal with thoughtful, thought-provoking prompts, it's well worth it. Enjoyed it, needs better instructions though This is very good actually, most of the prompts were good at making me think about the last few days and also recount something to write about. Found it most helpful when I browse the prompt the night time before and attempted to practice that the following day and then journal about it. I think that could be more explicit in the instructions, and it might be a better book. product was in great condition. We bought 4 of the for myself, hubby and our kids. There's only therefore much space to create, so I don't feel overwhelmed and I really do it right as I lay down to visit bed.. Because we've been dealing with his wellness for days gone by year, we all have a journal that people can now look back on to remember things. We have concentrated on building family memories and can continue to achieve this. I almost bought again for 2017, but got a different one. I always have trouble sticking to journaling, . It really is an instantaneous happy journal, i found myself smiling while composing in certain prompts and it helps to get factors off your chest that i know makes me happy. My hubby has been going thru chemo remedies and we received word 3 weeks ago that there is no proof cancer remaining. I always have trouble sticking with journaling, but having a quotation, question, etc. plus some space to write has really helped me to create reflecting daily more of a habit. This has really contributed to keeping a confident attitude. We used this in 2016--my favorite journal ever I used this in 2016--my beloved journal ever.Fast shipping, product was in perfect condition. Loved the size, and the daily inspirations are therefore uplifting and idea provoking. I purchased one for my cousin for Xmas and cherished it so much I acquired one for myself. Great way for channeling gratitude. It's a terrific way to end up being mindful/reflective and focus on the positives in lifestyle. I've really enjoyed the writing prompts I've actually enjoyed the composing prompts. It has some good quotes and helps you reveal different topics each . Sometimes it can help set a focus or intention for your day! I recommend it for busy people who require a mild nudge to decelerate to appreciate the tiny moments in existence! It has some wonderful quotes and helps you write about different topics every day. Great inspirational journal! I am so glad I thought we would go with this journal.I unquestionably recommend it.

Some are genuine simple, but gets thoughtful phrases out of you.. It is small more than enough that you could easily make it with you, however it still provides enough space to get your thoughts down. It leaves a blank space for the day at the top of each page, which I appreciate, since it didn't force me to start out at a certain time. (That basically might not matter to many, but I like composing in the dates myself) The pages are fun and I love that they consist of an attached ribbon bookmark so you don't have to flip through the web pages until you find where you last stopped. I hope Karen Salmansohn is creative enough to create more versions of the journal it doesn't repeat all the writing prompts in this one because I'd purchase them all! Love This Journal! I love this journal! I've converted it to an image a day time journal. I have a picture either with a camera, phone, or use a graphic that is relevant for that day and utilizing a sprocket printer print the image and place it on the page of the journal for that day. I then have a combination picture a day photo album and journal. It really is so interesting to look back as time passes and the pictures actually bring everything back to that minute. One great thing is that the time series is blank, so that you can do this every day, or once weekly, without feeling like you've "fallen behind. Great Journal to Harness Positive Energy Everyone should own one of this. All too often we focus on the negative instead of basking in the positive. The prompts can be quite challenging, but are usually thought provoking. My thoughts summarised! I love this journal already. A journal of sunshine! The very best journal ever! I am looking forward to having a journal to reflect to at night before bed. I've always sensed silly about having a diary but this is unique of a diary and includes a positive purpose. I look forward to moments to write and reflect on the day... My New Years resolution was to keep a journal which keeps me motivated to write daily. Great small journal, it truly is the moment Happy Journal! I scoured amazon searching for journals and away of all they have, I am pleased to say that We am loving that one. Just what a great journal! Kind of like having your own personal cheerleader. Each page has a estimate or a question to inspire you to believe positively. I'm going to buy a different one for next 12 months!" This is a great little journal to help guide a positive mental attitude and I cannot wait to begin with. You can write daily or you can certainly do as I do, writing three or four 4 days in a row, after that not really touching it for weeks. Five Stars I was thus excited to understand this I started writing in it prior to the new season started! May be a small annoying to create in sometimes. It's fairly thick, having 365 webpages, but is almost square in shape, instead of a more classic rectangular journal form.



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