



# 52 Lists for Happiness

WEEKLY JOURNALING  
INSPIRATION *for* POSITIVITY,  
BALANCE, *and* JOY



MOOREA SEAL

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## 52 Lists for Happiness: Weekly Journaling Inspiration for Positivity, Balance, and Joy



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Like Seal's bestselling 52 Lists for Pleasure will inspire existing supporters and new journal readers to cultivate their very own uniquely content and fulfilling lives through the power of lists! This gorgeous, undated hardcover journal with 52 listing prompts encourages readers to reflect, acknowledge, and spend money on themselves, and eventually transform their lives by determining exactly what makes them content. Drawing on happiness study and her own personal philosophy, Moorea Seal creates an inspiring tool for list lovers just about everywhere to discover the keys with their own unique pleasure and bring more pleasure and balance to their lives. Pursuing her runaway strike The 52 Lists Task, social media marketing maven Moorea Seal's The 52 Lists Task, this keepsake journal comes in a luxurious bundle full of lush picture taking, charming illustrations, copper foil, and a lush red velvet ribbon.



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Fabulous Lists to take pleasure from and Increase Your Happiness List of what to love about this reserve: \* appealing and sturdy cover \* positive focus on happiness - any time we are considering happiness and why is us happy, we are not worrying or entertaining mental poison. It's better for our mental and physical wellness. Some believe what we think about, we attract into our lives. So, this reserve encourages and supports habits to think happy! A few of my favorites list topics under Reflect: list the items you are really proficient at; list the greatest compliments and encouragement you have been provided; (2nd wife, not my mom) At 67 years old he has discovered himself at a location he never thought he would be (BESIDES coping with his adult child!) \* a year of weekly journaling inspiration divided into 52 lists - do a list weekly and increase it daily, spend time pondering it \* action prompt by the end of each list - it is possible to do something and change your daily life based upon the list \* lists prompt self-discovery and fun activities \* option to join others via hashtag #52HappyLists regarding their list task \* these lists is actually a reference for a classroom, creative writing class, or support group \* plenty of room to write on lined paper with two webpages for each list \* produces a thoughtful gift \* soft deep crimson velvet ribbon to tag where you are The list publication is divided into four sections: reflect, acknowledge, invest and transform. list the best choices you have made in your life up to now; This would be great for seasons of the entire year. Seal consulted peer-reviewed research on the subject of gratitude journals (proof based for enhanced well-being in many populations).. I'm a social worker who appreciates the worthiness of journaling, both for myself and for my individuals. list the items about yourself you don't need to change. Seal's first journal book, The 52 Lists Project, and gave multiple copies to friends and family. There is a Table of Contents at the start of the publication which includes all of the 52 list titles, which are separated into 4 sections: Reflect, Acknowledge, Invest, and Transform. list the happiest and funniest stories you've heard lately List topics I love under Transform: list some pictures that make you happy; Came in ideal condition, I've seen this publication at Anthropologie and . So if a therapist thinks it's a legitimate mindfulness exercise, then you know it should be good. So, that provides you a concept of the forms of list topics included. Great Book for beginning journaling My father is going through a divorce. You can observe how these topics are going to reveal patterns of actions, people, things which make you happy and by performing the lists you will find more ways to include these in your daily life. Mindfulness for Beginners Full disclosure: my therapist recommended this listing journal if you ask me as she found it remarkably constructive when she got it for herself. The reserve includes a beautiful hardcover style. His therapist recommended that he might reap the benefits of journaling but he offers found it difficult to get started particularly when staring down a blank little bit of paper. list the items you're curious about; Each list offers two-pages dedicated to it and there are many pages with simply photographed pictures (landscape, bouquets, etc) for aesthetic purposes. The book also contains a built in bookmark ribbon to hold your place. It's been a great journal up to now and I would suggest it to others. Of course, you will discover your own which specifically appeal to you. Then under each one of these themes are list topics.) He's not a "tough guy" or person who avoids feelings. My book found its way to good condition and I did so not have any problems with the cover getting put on backwards as some other reviews did. I saw this reserve and wondered if this may be a good way to get him started. Well he LOVES IT! Yes, it's a bit "floral" but it's an excellent book for anyone of any age or gender. good plan and helps me think positive love it!! I have to buy one for myself too! The 52 Lists for Happiness is better still compared to the first book I have a copy of Ms. List topics I like under Invest: list the compliments you want to share with others;

list the best opportunities that others have provided you throughout your existence; But it's cute. Do I create entries every day of what I acquired for breakfast? The "Meaning of Existence"? How green the grass looked today?The 52 Lists for Happiness is better still compared to the first book. I have to question if Ms. list the items you like to do that don't involve technologyList topics I love under Acknowledge: list the easy ways you enjoy being kind to others; These lists also include suggestions for acting on what makes us content, and putting positive action to positive thought is almost always a very important thing. I recommend it for yourself, and for gift-giving. Good so far Good subjects to write about and I love the reflection activity afterwards. I believe I will enjoy this book. Exactly what I needed I purchased this book on a whim and am really pleased with my buy. list one accomplishment big or small, every day this week.It's a beautiful little reserve, and bound, which I hadn't expected. I'm sure there has to be a ringed version out there someplace for those who choose it, but I was amazed when this one emerged in hardback (I'm a stickler for hardbound journals, what may i say?)It's laid out beautifully, with action actions for each list you do. It's an excellent exercise for anybody trying to apply gratitude and mindfulness, or for somebody just looking to have fun with lists around self-discovery. Well worth the purchase. I would recommend getting it in the beginning of the calendar calendar year if possible, however the journal isn't based around season anyway. It's only a preference on my component. I'm weird.Long and short of it: a good, fair investment towards your own happiness. Cute It has less "quotes" than i thought. And alot of blank journaling web pages. However, I personally struggle with lined, blank webpages in narrative journals-What do I write? list the items, people and encounters you want to say yes to; list the changing times when you felt like you made a difference in someone else's life;. Came in great condition, I've seen this book at Anthropologie and other areas for far more money, think that its ideal for people who prefer to write and journal. The topics are superb and at 67, my father is journaling away happily and producing great progress with his emotions and the procedure of his divorce.(This is not specifically for people going through divorce, it's simply his specific scenario)I would recommend this publication to anyone who wished to begin the process of writing, journaling or even just looking to get to learn themselves. i tend to be a adverse thinking person but doing these lists actually helps me focus on the positive. plus i really like lists Five Stars fun book wife loves it Bought for someone else , they love it Love it Awesome!! Beautiful and filled with great activities Love this journal! Good Gift I must say i can't review this publication, as I purchased it as gift.



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