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# The Gratitude Journal for Women

FIND HAPPINESS AND PEACE  
IN 5 MINUTES A DAY

ILLUSTRATIONS BY *Katie Vernon*

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## The Gratitude Journal for Women: Find Happiness and Peace in 5 Minutes a Day



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"?Prompt, The Gratitude Journal for WomenFind pleasure when you discover what you are grateful for with The Gratitude Journal for Females.The Gratitude Journal for Ladies lays out: Insightful Estimates for inspiring and empowering day-to-day actions and activitiesPositive Prompts for recognizing all the good in life you need to be grateful for5-Minute Entries for expressing yourself no matter how busy your schedule with this gratitude journal"Little things in our daily routine can feel just like magic if they bring us joy?a perfect sit down elsewhere, gaining some cushy slippers, actually stopping to smell the roses. Fostering this positive perspective, The Gratitude Journal for Females provides an inspirational, easy-to-make use of journal for females who would like to record their thoughts of gratitude in only five minutes a day time. With thought-provoking rates and prompts which make us reflect on the events of our day-to-day time lives, The Gratitude Journal for Ladies provides the space, period, and direction necessary for reflection."?Rhonda Byrne, writer and maker of The SecretStudies have shown that expressing gratitude might have a long-lasting effect on our degree of happiness. What is your magic moment?"Love and gratitude can component seas, move mountains, and create miracles.



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It is beautiful in fact it is the very best way to end ! Very beautiful webpages with quotes. I bought a different one for my Mother! It is beautiful and it is the absolute best way to end your entire day. Love it I received this gratitude journal last night. I love how there are blank pages inbetween to just freely write about what's on my mind as well:) End up being Grateful! This is the only journal that I've easily made time for every day. MUST buy!! I love it I actually write in it everyday. He previously provided you with an increase of than you are worthy of from him and that you must be grateful. You live because his life was taken to give you a chance to experience eternal lifestyle and agape love. Great journal! There's little questions in there that prompt you to essentially reflect that is healthy for the mind and after thinking, processing and then writing, you feel refreshed. Plus there are pages in there to just write! Highly recommend, I take advantage of this journal every night. I love EVERYTHING about this journal I love EVERYTHING about this journal!! It can help you get started. No questions asked purchase this journal! Great journal. This journal provides prompts to help you think of what you are grateful for therefore even if you've had a long day time or there's nothing at all you're particularly grateful for, it is possible to and will end your entire day with a sense of gratefulness. I love the vibrant shades and how easy it manuals a first time user. Exactly what I needed! They both loved the gift and are using it I bought 2 of these to give as presents for a couple friend's birthdays to encourage them to hold a gratitude journal. They both loved the gift and are using it.. Being grateful Very nice book with guided prompts My favorite gratitude journal up to now I love this book. The watercolor designs have become nice and inspirational. Good quality paper too. Thanks Great gratitude journey Includes a lot of room for free writing as well as thoughtful prompt.. Concentrate Thankful Very touching This item is a superb gift, amazing prompts for thoughtful responses Gorgeous gratitude journal. The watercolor style is quite calming, and pages have quotations by inspirational women. Actually nice book to really get your mind from the carnal things and deposit on paper the things that you are grateful for. This is a wonderful way to remind yourself of life's daily and life long blessings. Gifted to a friend this morning and she was glowing with gratitude. Love it. To find that you are truly blessed and that God does love you. Love this!!! Everyone should give 5 min a day for this book!



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