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## GRATEFUL MAMA Daily Gratitude Journal: Pink Rose flowers - 365 Days to Cultivate an Attitude of Gratitude (180 pages, 5.5 x 8.5) Productivity notebook with Motivational quotes (Paperback)

By Motivational Affirmation Journals, Thankful Grateful Blessed

Independently Published, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. Studies have shown that expressing gratitude can have a long-lasting effect on our level of happiness - think twice;-) . When you are grateful your mental, physical and spiritual wellness grows, and you might learn to think differently about life around you. By being little more happier and staying positive you can even extend your life! So start and end your days with thankfulness and find happiness discovering what you are grateful for, with this beautiful Gratitude Journal with Pink Rose flowers cover! This paperback journal for Mom is medium size: 5.5" x 8.5" - perfect for the bag. One of the kind mom gifts has 180 pages (90 sheets) Cornell-style note-taking paper. Cover: soft, matte cover. This beautiful 365 journal for Mom features romantic rustic frame on the cover, and pattern is Pink Rose flowers. Mama Gratitude Journal has 365 days, each set of two pages has five entries with 6-7 lines for the day. Gifts for mom featuring inspirational life quotes from writers, artists and other visionaries. On the end you can find also some pages for your thoughts and notes. BONUS: habit tracking pages for a whole year (12 months) on the end of...



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