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GRATITUDE JOURNAL: BE THANKFUL - HOW GRATITUDE CAN IMPROVE YOUR HAPPINESS WELL-BEING IN JUST 10 MINUTES A DAY



Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****. If someone asked you to look back on the last year and name five things you are grateful for could you do it? What about the last month or last week? Would your list overflow or would you struggle to think of anything? Did you notice which emotions you experienced when you did that exercise?...

Read PDF Gratitude Journal: Be Thankful - How Gratitude Can Improve Your Happiness Well-Being in Just 10 Minutes a Day

- Authored by Debra Orton
- Released at 2016



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