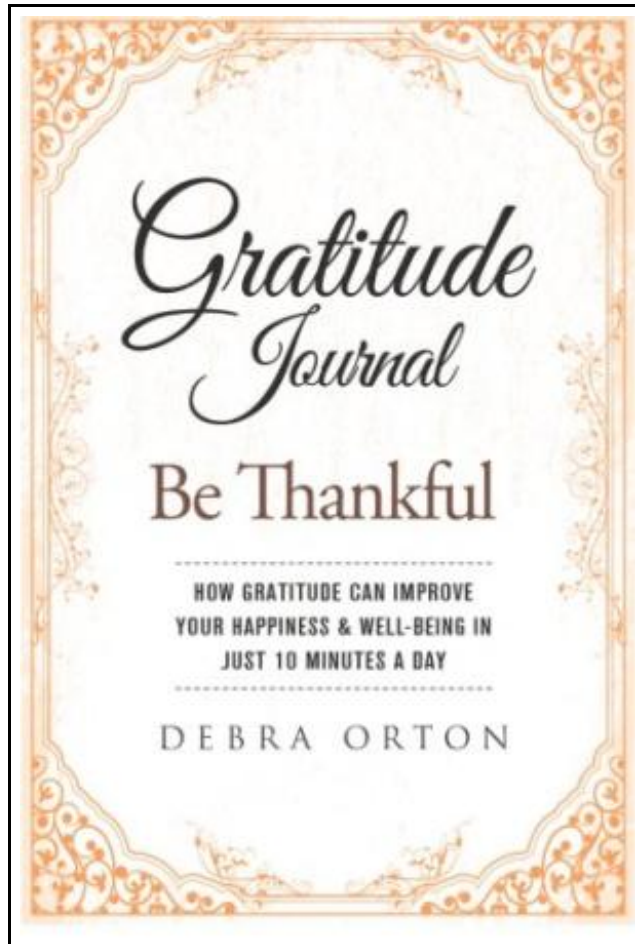


## Gratitude Journal: Be Thankful - How Gratitude Can Improve Your Happiness Well-Being in Just 10 Minutes a Day



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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? When we feel grateful for things we get a warm fuzzy feeling which can flow into other parts of our day, however that feeling may disappear quite quickly. Sometimes we even forget to be grateful at all. The trick is learning how to kick start that feeling again, then to hang onto it for as long as possible. Deliberately choosing to make gratitude a habit has far-reaching and benefits for our physical, emotional and social well-being such as improved health, less stress and stronger relationships. The more we do it, the greater the benefits will be but learning how to make the habit automatic takes practice. The good news is that you dont have to spend long hours studying or attend classes to get good at gratitude. It also doesnt matter how much you struggled with the above exercise. All you need is a few minutes each day and a desire to learn how to become more grateful. The gratitude journal has two distinct features. It includes easy-to-understand background information and simple instructions to help you set up a gratitude journal. In it you will discover: What being grateful really means The science behind our thought patterns and how they influence our behavior The numerous benefits that having a grateful attitude has on your well-being How to take your blinkers...



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