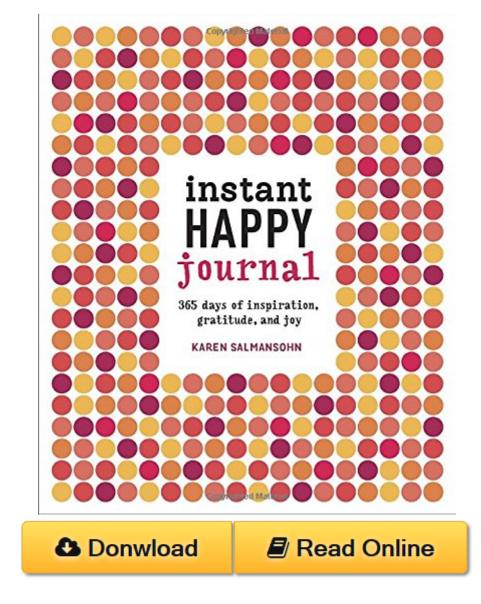
Instant Happy Journal: 365 Days of Inspiration, Gratitude, and Joy PDF



Instant Happy Journal: 365 Days of Inspiration, Gratitude, and Joy by Karen Salmansohn ISBN 160774824X

Brighten your day with this colorful journal from happiness expert Karen Salmansohn. Jam-packed with 365 "happiness prompters" including motivational quotes, scientific studies, and thought-provoking questions, this journal amps up your ability to notice (and create!) moments of joy and gratitude in your life—one day at a time.

Instant Happy Journal: 365 Days of Inspiration, Gratitude, and Joy Review

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