



Five Minute Gratitude Journal: 5 Short Minutes a Day to Develop an Attitude of Gratitude

By Blank Books n Journals

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This Five Minute Gratitude Journal requires that you only spend 5 minutes a day (or even less) filling out one simple sentence about GRATITUDE. It has been proven that in doing so, you will experience a more abundant and happy life because you will start to focus on what is GOOD in your life instead of focusing on what is BAD. Thousands of Five Minute Journals have been sold which proves that more and more people are connecting with their inner happiness to find peace and tranquility in their lives. The book is beautifully designed with a peaceful and calming front cover, it measures 6 x 9 so it is perfect for keeping at the side of your bed or on your desk so you have it to hand at all times. Inside the book there is room for over 200 entries with a useful quote on each page by a range of authors and scholars who have each experienced the power of gratitude. The book forces you to develop an attitude of gratitude in...

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