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FIVE MINUTE GRATITUDE JOURNAL: GRATITUDE IS A CHOICE - TAKE 5 MINUTES A DAY TO CHANGE YOUR LIFE



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...

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