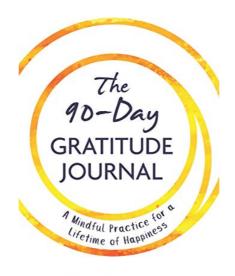
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S.J. Scott & Barrie Davenport

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INCREASE YOUR HAPPPINESS AND SAVOR THOSE IMPORTANT MOMENTS: Do you often feel surrounded by negativity? Every day, we are bombarded by bad news, political discord, and catastrophic world events. The antidote to our unhappiness isn't the newest thing, the latest diet fad, or the next achievement. The antidote is gratitude. Gratitude for what you have right now. Gratitude for the people in your life. Gratitude for all good things that are available to you in this moment. And the simplest way to practice gratitude is to turn it into a daily habitspecifically with this book: The 90-Day Gratitude Journal: A Mindful Practice for Lifetime of Happiness. PRACTICE SIMPLICITY: With this journal, you'll answer three questions, which won't take more than ten minutes of your time. Two of the prompts will be the same every day, but the third will be a "wild card" question that challenges you to think about a specific aspect of your life. EMBRACE POSITIVITY: The 90-Day Gratitude Journal can become your personal tool for injecting a dose of positivity into your day. You can use it to focus your attention on what is going right in your life instead of focusing on everything that's going wrong. You can use it to pause for a few minutes every day and truly appreciate all that you have. BUILD A POWERFUL HABIT: It's not hard to add gratitude to your busy schedule. In The 90-Day Gratitude Journal, you will discover a simple nine-step process for turning gratitude journaling into one of your favorite daily habits. Get Started TODAY with "The 90-Day Gratitude Journal" Take that first step today toward practicing gratitude To get started, scroll to the top of the page and select the buy now button, to purchase your copy today.

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