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Filled with joyful and inspiring exercises for both the new and advanced student of gratitude, this gorgeous guided journal will instantly brighten your outlook and start off each day on the right note...As Josie Robinson's bestselling book, *The Gratitude Jar: A Simple Guide to Creating Miracles* explains, gratitude is an essential ingredient for creating a life of happiness and harmony. By expressing gratitude on a daily basis, you open your eyes to see all the wonderful gifts the universe has provided, and then, begin noticing even more and more wonderful things to be thankful for. By simply noticing the miracles already present in your life, you rewire your emotional patterns to turn yourself into a powerful magnet for attracting what you want, and releasing what you don't. The solution to happiness and personal freedom lies within us, and unlocking it is possible through a life filled with gratitude. Now is the moment to begin the simple daily habit that will nourish your soul and fill every day with positive energy.

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