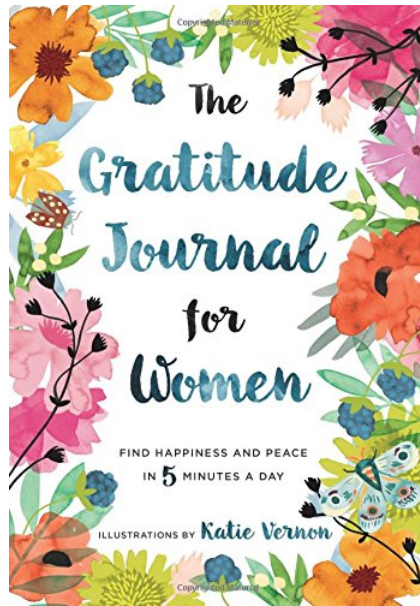


## kWJOM [Download] The Gratitude Journal for Women: Find Happiness and Peace in 5 Minutes a Day



**CONTINUE ►**

Love and gratitude can part seas, move mountains, and create miracles. Rhonda Byrne, writer and producer of The Secret Studies have shown that expressing gratitude can have a long-lasting effect on our level of happiness. Fostering this positive perspective, The Gratitude Journal for Women offers an inspirational, easy-to-use journal for women who want to record their thoughts of gratitude in only five minutes a day. With thought-provoking quotes and prompts that make us reflect on the events of our day-to-day lives, The Gratitude Journal for Women provides the space, time, and direction necessary for reflection. The Gratitude Journal for Women lays out: Insightful Quotes for inspiring and empowering day-to-day actions and activities Positive Prompts for recognizing all the good in life you have to be grateful for 5-Minute Entries for expressing yourself no matter how busy your schedule with this gratitude journal Little things in our daily routine can feel like magic if they bring us joy? a perfect cup of coffee, putting on some cushy slippers, literally stopping to smell the roses. What is your magic moment? Prompt, The Gratitude Journal for Women Find happiness when you discover what you are grateful for with The Gratitude Journal for Women.

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