

***The Happy Book A Journal To Celebrate What Makes You Rachel
Kempster***

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Want to ignite your creativity, boost your gratitude, and skyrocket your happiness in ten minutes a day? This creative and motivational book invites you along as I discovered the Happy Journal method. And it doubles as a guide so you can start your own happy journal. BONUS: This book Includes a journal at the back!

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The Happy Book: A Journal to Celebrate What Makes You ...

Keeping a gratitude journal is one of the most well-established happiness practices and the easiest to do. Practicing gratitude is central to the journal and a simple introduction to the concept encourages children to reflect on three positives of their day.

HappySelf Journal

Happy Journal, Happy Life: How drawing your day ignites creativity, boosts gratitude, and skyrockets happiness. [Jennie Moraitis] on Amazon.com. *FREE* shipping on qualifying offers. Want to ignite your creativity, boost your gratitude, and skyrocket your happiness in ten minutes a day? This creative and motivational book invites you along as I discovered the Happy Journal method.

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The Happy Rosy Day Book: A Keepsake Gratitude Journal by Zakiyya Rosebelle "Life is a precious journey. Along the way, collect a little keepsake from your most magical moments, beautiful blessings, and awesome adventures.

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