



The Gratitude Transformation Journal

By Jennifer Sparks

Stoke Publishing, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Gratitude Transformation Journal introduces the reader to various ways one can integrate the practice of gratitude into one's life. The first weeks are spent exploring varying approaches to experiencing and releasing the power of gratitude. With ample space to record, reflect and grow, this journal is a perfect way to capture the details of your own personal transformation. Our world is a crazy place. We forget to think, evaluate and dream. We struggle to slow down and see our world through grateful eyes. We begin to live by other people's rules and expectations. We forget to feed our souls, be kind to ourselves, and express our human-ness to people in need. Sometimes we even forget to be grateful for all the good that surrounds us and our focus shifts from abundance and bliss to struggle and sadness. But it doesn't have to be this way. A skeptic herself, Jennifer realized that gratitude is anything but a trivial diversion when she leaned completely on gratitude to weather some of the most difficult days of...



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