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## My Bucketfilling Journal: 30 Days to a Happier Life

By Carol McCloud

Nelson Publishing Marketing, United States, 2011. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book. This helpful companion to the book, Growing Up with a Bucket Full of Happiness: Three Rules for a Happier Life, is a journal designed to put bucketfilling knowledge into action and create a happier life for its young reader. In addition to the Bucket Fillers Pledge and the three rules and three laws of bucket filling, the journal features a thirty-day plan for filling buckets for thirty days, which includes eight self-reflection questions and 30 pages on which to record daily thoughts and bucketfilling experiences. Winner: 2012 Living Now Book Awards, Silver, Journal/Planner/Calendar.



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