



My 30 Week Gratitude Journal: A Place to Celebrate the Pleasures Experienced Every Day (Paperback)

By Julia L Wright

Hierographics Books, LLC, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.A Gratitude Journal is the perfect place to express your gratitude and enjoyment of pleasurable experiences on a daily basis. Expressing gratitude is just one way to have a more healthy, abundant and joyful life. At the start of each week in the journal is a quote from a well-known person. At the end of each week there is either an image to color or a photograph to perhaps remind you of a joyful moment in your own life. And you are welcome to add color to that image as well. A set of Gratitude Quote Cards is offered for free to help you stay focused and better understand how expressing gratitude daily can easily change your outlook on life for the better. You are invited to use this Gratitude Journal or Pleasure Book to create a habit of expressing gratitude on a daily basis. It is said that after 30 days of introducing a new task into one's life, it becomes a habit. This Journal has 30 WEEKS to write and express your gratitude in many forms to assist you in...



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An extremely wonderful book with perfect and lucid explanations. This really is for those who state that there had not been a worth reading. Your way of life span will be convert when you comprehensive reading this book.

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