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Five Minute Gratitude Journal: 5 Short Minutes A Day To Develop An Attitude Of Gratitude (Five Minute Journals) (Volume 1)



Synopsis

This Five Minute Gratitude Journal requires that you only spend 5 minutes a day (or even less) filling out one simple sentence about GRATITUDE. It has been proven that in doing so, you will experience a more abundant and happy life because you will start to focus on what is GOOD in your life instead of focusing on what is BAD. Thousands of Five Minute Journals have been sold which proves that more and more people are connecting with their inner happiness to find peace and tranquility in their lives. The book is beautifully designed with a peaceful and calming front cover, it measures 6" x 9" so it is perfect for keeping at the side of your bed or on your desk so you have it to hand at all times. Inside the book there is room for over 200 entries with a useful quote on each page by a range of authors and scholars who have each experienced the power of gratitude. The book forces you to develop an attitude of gratitude in order to reap the rich benefits that life has to offer. It makes the perfect gift for pessimists and optimists alike (pessimists will be forced to be more optimistic) as they move throughout the year with a different attitude. Experience the most positive period in your life yet, get your Five Minute Gratitude Journal today.

Book Information

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Customer Reviews

I gave this journal as a gift to my sister. She doesn't like journaling, but she can do 5 min of writing her gratitudes each day.

Great book to take just 5 minutes a day to write out what you're grateful for. I love the quotes. I now use this book with all of my new clients.

Great book but very small space to write in.

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