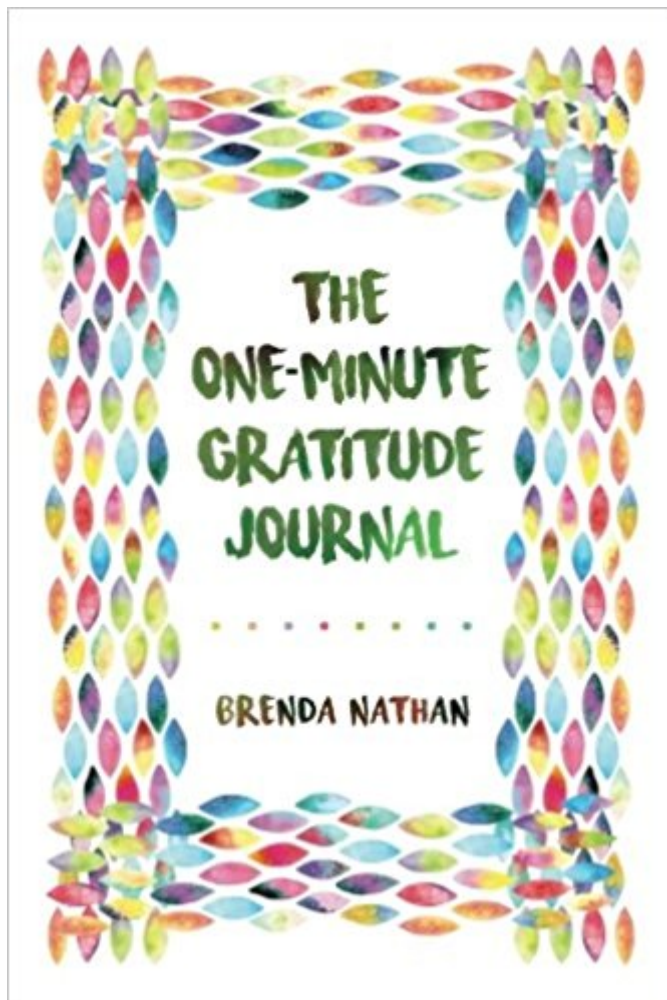


The book was found

The One-Minute Gratitude Journal



Synopsis

Cultivating an attitude of gratitude yields many benefits: physical, mental and spiritual. In this Journal, you have flexibility to write down the dates of entry and not feel guilty if you miss a day. There are also pages in this journal where you can just draw something beautiful. Gratitude is a feeling of appreciation for what one has. Write down three to five things you are grateful for in this journal and turn your ordinary moments into blessings.

Book Information

Journal: 112 pages

Publisher: CreateSpace Independent Publishing Platform; Jou edition (January 18, 2016)

Language: English

ISBN-10: 1523242701

ISBN-13: 978-1523242702

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 32 customer reviews

Best Sellers Rank: #15,191 in Books (See Top 100 in Books) #25 in Books > Health, Fitness & Dieting > Addiction & Recovery > Twelve-Step Programs #82 in Books > Self-Help > Creativity

Customer Reviews

Brenda Nathan is a freelance writer and has been keeping journals for many years. She has traveled around the world and is a student of personal development. Brenda lives in Cary, North Carolina, with her husband.

great inspirational tool

Simple & it does the job. Perfect for a quick gratitude plus I like the short inspirational quotes on each page.

Great product, pricing and shipping. Thank you

Great little journal.

This journal was used as a tool for a friend's child that was having meltdowns. I showed him that he

could find gratitude in the little things everyday to help, with his anxiety and frustration by looking for the good in everything. It is the second gratitude journal I have bought him. He loved this one the most, because he could draw and doodle in it.

Enjoy using this book

Great for journaling!

Exactly what I wanted. Simple and forward. A nice reminder to keep grateful.

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The Gratitude Journal: A 21 Day Challenge to More Gratitude, Deeper Relationships, and Greater Joy (A Life of Gratitude) Start Each Day with a Grateful Heart: Gratitude Journal with Bible Verses and Inspirational Quote: Large Print Gratitude Journal with Daily Scriptures: Gifts for Women/Teens/Seniors The Daily Power Journal - (Durable Cover): An Effective Five Minute Journal Tool For Self-Exploration, Daily Gratitude, Productivity, & Happiness 6" X 9" The One-Minute Gratitude Journal Psalm 46:5 God Is Within Her, She Will Not Fall: Prayer Journal for Women to Write in/for Daily Conversation & Praise with God (Bible Verse Journal ... Gratitude Journal, 110 pages, matter cover Bullet Journal: 150 Pages Cactus Pattern Dotted Journal - 8"x10" (Bullet Journal Notebook) - With Bullet Journal Ideas: Bullet Journal Notebook (Volume 1) Bullet Journal: Cactus Green Dotted Journal - 150 Pages (Size 8"x10") - Bullet Journal Notebook - With Bullet Journal Ideas: Bullet Journal Notebook (Volume 2) Music Journal Music is What Feelings Sound Like: Lined Music Teacher Notebook, Appreciation Gift Quote Journal or Diary ~ Unique Inspirational Gift ... You, End of Year, Retirement or Gratitude Point Your Toes & Dance Bullet Journal: Dot Grid Notebook, Dancers, Dance Teachers Recital Gift Quote Journal or Diary ~ Unique Inspirational Gift for ... You, End of Year, Retirement or Gratitude Gratitude Journal: A Gift for Christmas (Journal Filled With Favorite Bible Verses) (KJV) The One Minute Father (One Minute Series) Music Teachers Touch Hearts One Note at a Time: Lined Music Teacher Notebook, Appreciation Gift Quote Journal or Diary ~ Unique Inspirational Gift for ... You, End of Year, Retirement or Gratitude Cooking for One: 365 Recipes For One, Quick and Easy Recipes (Healthy Cooking for One, Easy Cooking for One, One Pot, One Pan) Not All Those Who Wander Are Lost: Notebook- Small Blank Lined Notebook; Travel Journal; Traveller's Notebook; Study Abroad Journal; Vacation Journal; ... Journal; (Travel Journals and Notebooks) Jordan River Baptism Site: Journal, Diary, Notebook - Blank, Lined, 6 x 9 - Memoir Journal, Prayer Journal, Travel Journal

(Israel Series) (Volume 3) Bullet Journal: Dot Bullet Journal; Small Blank Dot Grid Journal for Women; (5.25 x 8 in.) -blank dotted pages for Diary, Planner, Calligraphy, Hand ... Journal and Notebook Collection) (Volume 1) She Believed She Could So She Did - A Daily Gratitude Journal | Planner Tiny Buddha's Gratitude Journal: Questions, Prompts, and Coloring Pages for a Brighter, Happier Life Gratitude: A Prayer and Praise Coloring Journal Gratitude Journal: Today I am Thankful for...

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