



The Gratitude Journal: Feel Grateful Each and Every Day

By Spirala Journals

Speedy Publishing Books, United States, 2014. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you want to feel positive every single day? Do you think that keeping journals, especially ones like a gratitude journal or a thankful journal makes for a lighter life? Are you looking for a gratitude journal to record all the things that you appreciate, which makes you feel thankful and loved? Studies have shown that happy and positive people have a longer and more fulfilling life. That's why Spirala Journals came up with The Gratitude Journal, a beautifully crafted journal in which you can write down what you feel grateful about for each day of the week. With the complexities of our lives today, having a journal to help you keep a record of the beautiful things life has to offer gives a sense of being blessed. Being able to have the chance to review the over-all feel of the week gives a positive affirmation of how good life is. With this thankful journal, taking the time to slow down and appreciate what makes life worth living is made more possible.



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