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The Gratitude Journal Box Set: 35 Useful Tips and Suggestions How to Keep Gratitude Journal for Far More Happier, Fulfilled and Joyful Life (The Gratitude ... gratitude stories, gratitude and trust)

Angel Foster, Emma Smith

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BOOK #1: The Gratitude Journal: 25 Tips and Suggestions How to Keep Gratitude Journal for Far More Happier, Fulfilled and Joyful Life

Are moments of anxiety, the feeling of being stuck, dreading getting out of bed, the sleepless nights filled with stressful thoughts overwhelming you? What if there was a simple thing you could do to help you rise above these moments? To smile at each day no matter how terrible your current situations are or to be able to bounce back from a devastating blow life throws at you? What if all you had to do is take a few minutes out of the day to write? You may be skeptical, but all you need is a notebook and a pen or pencil and you can begin to change your negativity into positivity.
Starting a gratitude journal could be the simple solution to rid you of the negativity and stress that is overtaking your life. These tips will guide you through the steps on how to find more happiness and joy in your life by simply making a note of the things that we find joy in, that we are grateful for.

25 Tips and Suggestion for Starting and Keeping a Gratitude Journal will focus on:

- The benefits of being grateful.
- How to be grateful for the simple things that surround you.
- How to turn your negative thoughts to positive ones.
- How to stop letting stress and disappointment hold you back from the life you want

BOOK #2: The Gratitude Journal: How to Keep a Gratitude Journal and Experience Great Improvement of Your Life: 10 Useful Tips

We say “thank you” many times a day without actually meaning it. The response has become automatic, expected even, without actually acknowledging the reasons. For American's the dedicated “Thanksgiving Day” has even now become just another holiday to eat to excess and relax without the majority really displaying any thankfulness for the bounty in their lives.
Do you have a warm place to sleep? Food? How about a family or friends that care for you? Rather than being thankful for just having the latest tech there are probably plenty of things in your life that you should be thankful for everyday and don't realize. A gratitude journal is a tangible way of always having a reminder about the things you are thankful for in your life. This book intends on giving you both a lesson in gratitude and the tools to create your own journal. So whenever you feel down, turn a page and remember that maybe life isn't so bad.

Here is what you will learn after reading this book:

- Why living a life of gratitude can make you happier
- The science of gratitude
- How to include gratitude in your life
- How to write a gratitude journal
- Will a journal work for me?
- 10 tips

Getting Your FREE Bonus

Download this book, and find **"BONUS: Your FREE Gift"** chapter right after the introduction or after the conclusion.

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What do you ponder on book? It is just for students as they are still students or it for all people in the world, exactly what the best subject for that? Just simply you can be answered for that issue above. Every person has several personality and hobby for each and every other. Don't to be forced someone or something that they don't need do that. You must know how great as well as important the book The Gratitude Journal Box Set: 35 Useful Tips and Suggestions How to Keep Gratitude Journal for Far More Happier, Fulfilled and Joyful Life (The Gratitude ... gratitude stories, gratitude and trust). All type of book is it possible to see on many methods. You can look for the internet solutions or other social media.

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Is it you actually who having spare time after that spend it whole day by means of watching television programs or just lying down on the bed? Do you need something totally new? This The Gratitude Journal Box Set: 35 Useful Tips and Suggestions How to Keep Gratitude Journal for Far More Happier, Fulfilled and Joyful Life (The Gratitude ... gratitude stories, gratitude and trust) can be the response, oh how comes? A fresh book you know. You are thus out of date, spending your free time by reading in this completely new era is common not a geek activity. So what these books have than the others?

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