

## My Gratitude Journal: Sunset in Forest, 6 X 9, 100 Days with an Attitude of Gratitude (Paperback)

By My Gratitude Journal

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Your Gratitude JournalChoosing an attitude of gratitude each day is not an easy feat for some people. It takes practice which is why maintaining a gratitude journal is so important. Our lives are full of challenges which can cause stress, depression and anger issues. We lose sight of what we have to be grateful for when the bills pile up, the car breaks down and the hot water heater guits.We become what we think about most of the time and attract to ourselves those exact thoughts. If we are always thinking negatively then negative things happen. With a gratitude journal it is a daily reminder that we have more than we think. Why not harness the power of a gratitude journal by focusing only on positive thoughts? Positive thinking has been proven to decrease stress, aid with depression and improve your health. A lot of diseases are being linked back to stress and negativity.By writing in this book, which will only take about 5 minutes a day, you II begin to see how you have a great life. Inside you...



### Reviews

Completely one of the best publication I have actually read. Indeed, it is perform, nonetheless an interesting and amazing literature. Your lifestyle span will likely be transform when you complete reading this book. -- Mrs. Agustina Kemmer V

The most effective pdf i ever go through. It is probably the most incredible book i have got study. You wont sense monotony at at any time of the time (that's what catalogues are for relating to if you check with me). -- Ahmad Heaney

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