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GRATITUDE JOURNAL: A HAPPIER LIFE IN 3 MINUTES A DAY (PAPERBACK)



On Demand Publishing, LLC-Create Space, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. THE SIMPLEST WAY TO START YOUR DAY HAPPY - Using the science of positive psychology to improve happiness, The three Minute Journal focuses your attention on the good in your life. Improve your mental well-being and feel better every day. this Journal helps you cultivate gratitude. It changes how you feel, alters the actions you take, and therefore the results...

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- Authored by Gratitude Journal
- Released at 2017



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Reviews

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