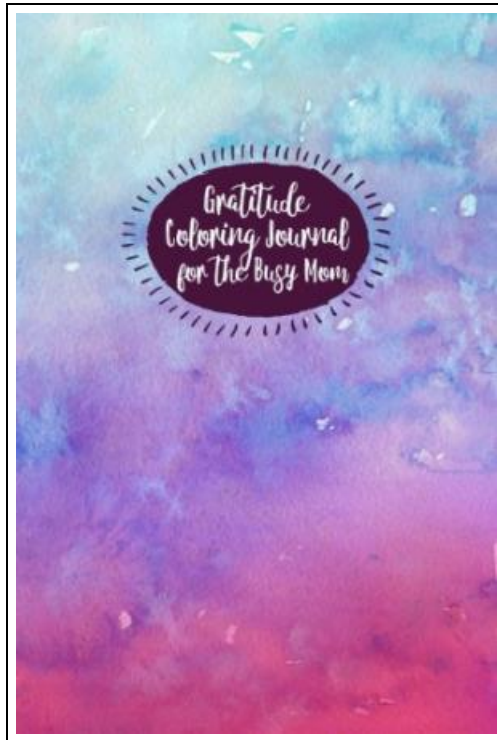


Gratitude Coloring Journal for the Busy Mom: Stop, Breathe and Hit Refresh Through Creative Journaling (Paperback)



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Reviews



It is simple in read easier to understand. I am quite late in start reading this one, but better then never. Its been designed in an exceptionally easy way in fact it is just following i finished reading through this publication where basically transformed me, alter the way i really believe.

(Ms. Christy Ondricka DDS)

GRATITUDE COLORING JOURNAL FOR THE BUSY MOM: STOP, BREATHE AND HIT REFRESH THROUGH CREATIVE JOURNALING (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Everyday is a cause for celebration - from waking up each day alive and refreshed, to being with your little bundle of joy. Even battling a bad hair day can be a blessing. Journaling is a great way to capture moments, good and not so good. and what a special way to do that with inspiring quotes, thoughtful prompts, writing pages, and doodle spaces. Add to that 20 coloring pages that provide you more joyful, alone time. This self-help resource is a versatile 3-in-1 tool for busy moms: 1) Gratitude tool - It serves as a constant reminder to give thanks for life's blessings; 2) Coloring tool - It's a great way to express one's creativity, release stress, and face life with grace. 3) Journaling tool - It prompts the busy mom to see the bright side of things, regardless of how insignificant they may seem. This Gratitude Coloring Journal inspires with insightful quotes such as: If the only prayer you said in your whole life was, thank you, that would suffice. Meister Eckhart Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude. A.A. Milne, Winnie-the-Pooh Some people grumble that roses have thorns; I am grateful that thorns have roses. Alphonse Karr If you want to turn your life around, try thankfulness. It will change your life mightily. Gerald Good Who does not thank for little will not thank for much. Estonian Proverb We often take for granted the very things that most deserve our gratitude. Cynthia Ozick When eating bamboo sprouts, remember the man who planted them. Chinese Proverb Replace fear with gratitude, and the...

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