



My Gratitude Journal: Sunset, 6 X 9, 100 Days with an Attitude of Gratitude

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 Journal Choosing 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 quits. 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 will begin to see how you have a great life. Inside you...



READ ONLINE
[8.79 MB]

Reviews

A must buy book if you need to adding benefit. It can be rally interesting throug looking at period of time. Its been designed in an remarkably simple way and it is only after i finished reading this publication by which in fact altered me, modify the way i believe.

-- **Ms. Julie Huels**

This pdf may be worth acquiring. It is definitely simplified but surprises inside the fifty percent of the pdf. I am pleased to let you know that this is the very best ebook we have read inside my own lifestyle and could be he finest publication for ever.

-- **Prof. Abe Satterfield IV**