



Happy Bitch Journal: Achieve Happiness, Realize Your Greatness, Stop Giving a Flying F*ck (Paperback)

By Angela Reuss

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.An all-around fun, adults-only, interactive 6 month journal that inspires creativeness, encourages confidence, and pushes for success. Not to mention, it s awesome as f*ck! Packed with elements of wisdom, jokes, life-lessons, empowering messages, and witty sarcasm, Happy B!tch has been designed to inspire your cognitive thoughts to bring about mental clarity and facilitate the manifestation of your goals. Why Journal? While journaling has been around for a long time, it has resurfaced as a new sensation because of the discovery that it can enable you to turn your thoughts into reality. As you write, the patterns in your brain form, which in turn will help you to create new healthier habits. The more you write, the more action you will take to becoming a better, more successful you. 8 of the Most Important Benefits You Gain from Journaling: -Advance your creative potential -Accelerate your ability to achieve your goals -Bring about mental clarity -Clear emotions -Ingrain learning -Heighten your sense of gratitude -Strengthen self-awareness -Build self-esteem With so many distractions in life, it can be hard to focus on what s...



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