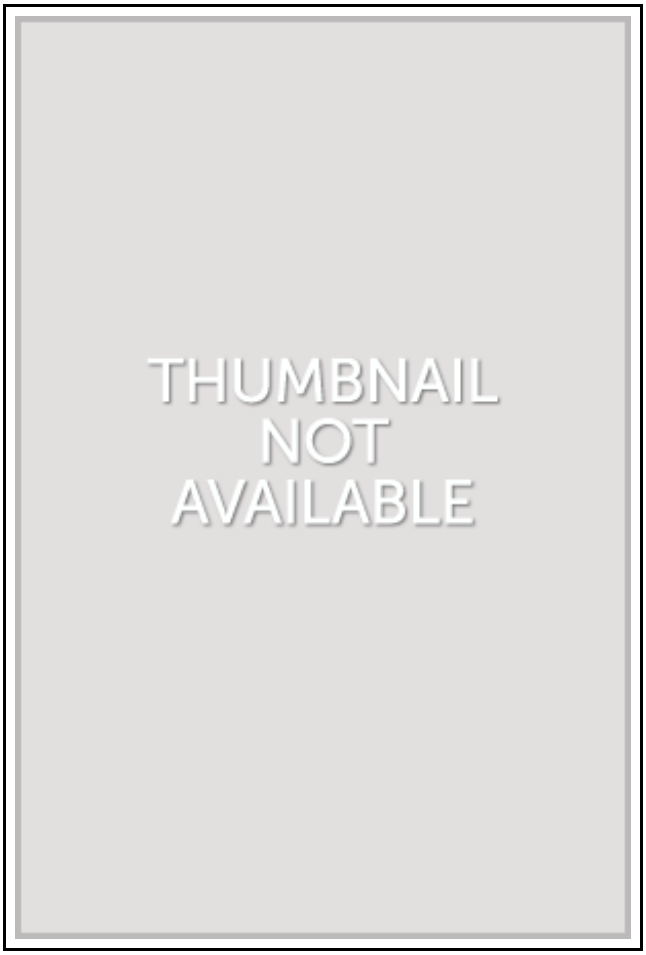
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Reviews

The publication is great and fantastic. It really is simplistic but surprises within the 50 % from the publication. Your daily life span will be change when you comprehensive reading this article book.
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Createspace, United States, 2014. Paperback. Book Condition: New. 224 x 142 mm. Language: English . Brand New Book ***** Print on Demand *****.Strengthen your spirit by spending a few minutes a day writing in this journal. Filled with short inspirational quotes, this simple journal offers a framework for practicing the power of gratitude each day while keeping a record of your blessings for future inspiration. A recent study on gratitude by Psychologist Robert Emmons found the following benefits of a daily practice of gratitude: 1. Greater happiness. People who kept a gratitude journal were 25 happier than those who just kept a journal of routine daily events. 2. Better sleep. People who kept a gratitude journal slept 12 longer and woke up 15 more refreshed than those that didn t. 3. Physical. Those who keep a Gratitude journal exercised 30 more than their non-journaling counterparts. 4. No side effects. Optimism, gratitude and other self-development practices are being studied to determine their ability to short- circuit depression and reduce blood pressure. This book is designed to help you get all those benefits as you develop a more in-depth relationship with gratitude and to create positive feelings in your daily life. Set good things in motion by getting a copy of My Gratitude Journal for yourself right now.

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