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(Dr. Reta Murphy)

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Independently Published, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. Studies have shown that expressing gratitude can have a long-lasting effect on our level of happiness - think twice;-) . When you are grateful your mental, physical and spiritual wellness grows, and you might learn to think differently about life around you. By being little more happier and staying positive you can even extend your life! So start and end your days with thankfulness and find happiness discovering what you are grateful for, with this beautiful Gratitude Journal with Pink Rose flowers cover! This paperback journal for Mom is medium size: 5.5" x 8.5" - perfect for the bag. One of the kind mom gifts has 180 pages (90 sheets) Cornell-style note-taking paper. Cover: soft, matte cover. This beautiful 365 journal for Mom features romantic rustic frame on the cover, and pattern is Pink Rose flowers. Mama Gratitude Journal has 365 days, each set of two pages has five entries with 6-7 lines for the day. Gifts for mom featuring inspirational life quotes from writers, artists and other visionaries. On the end you can find also some pages for your thoughts and notes. BONUS: habit tracking pages for a whole year (12 months) on the end of the book! This Gratitude Journal will help you to: - Reduce your Anxiety and Live in the Present Moment- Increase your Happiness and Savor those Important Moments- Strengthens your emotions.- Cultivate an attitude of gratitude Take a time for yourself and acknowledge your dreams: -) Writing in a gratitude journal may only take a few minutes of your day, but doing so has the power to change your thinking. All you need to start a gratitude journal is a pen, this notebook, and a moment to think about your appreciation for what you've been given in life. Click on "Look Inside" link (above...

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