



## The One-Minute Gratitude Journal

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By Brenda Nathan

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This Gratitude Journal is filled with inspirational quotes and lined pages for you to write down your thoughts of Gratitude. You have flexibility to write down the dates of entry and not feel guilty if you miss a date. There are also pages in this journal where you can just draw something beautiful. Gratitude is a feeling of appreciation for what one has. Cultivating an attitude of gratitude yields many benefits: physical, mental and spiritual. Write down three to five things you are grateful for in this journal and turn your ordinary moments into blessings.



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