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THE GRATITUDE JOURNAL (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 224 x 148 mm. Language: English . Brand New Book ***** Print on Demand *****.Writing in this book just a few minutes a day will augment your well-being and strengthen your spirit. 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...

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- Authored by James Allen Proctor
- Released at 2014



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Reviews

This publication is definitely not straightforward to begin on looking at but quite fun to see. It really is loaded with wisdom and knowledge You will not really feel monotony at anytime of your own time (that's what catalogs are for relating to should you check with me).

-- **Twila Gutkowski**

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