



# **The Gratitude Journal Box Set: 35 Useful Tips and Suggestions How to Keep Gratitude Journal for Far More Happier, Fulfilled and Joyful Life (The Gratitude ... gratitude stories, gratitude and trust)**

*Angel Foster, Emma Smith*

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## **BOOK #1: The Gratitude Journal: 25 Tips and Suggestions How to Keep Gratitude Journal for Far More Happier, Fulfilled and Joyful Life**

Are moments of anxiety, the feeling of being stuck, dreading getting out of bed, the sleepless nights filled with stressful thoughts overwhelming you? What if there was a simple thing you could do to help you rise above these moments? To smile at each day no matter how terrible your current situations are or to be able to bounce back from a devastating blow life throws at you? What if all you had to do is take a few minutes out of the day to write? You may be skeptical, but all you need is a notebook and a pen or pencil and you can begin to change your negativity into positivity.

Starting a gratitude journal could be the simple solution to rid you of the negativity and stress that is overtaking your life. These tips will guide you through the steps on how to find more happiness and joy in your life by simply making a note of the things that we find joy in, that we are grateful for.

### **25 Tips and Suggestion for Starting and Keeping a Gratitude Journal will focus on:**

- The benefits of being grateful.
- How to be grateful for the simple things that surround you.
- How to turn your negative thoughts to positive ones.
- How to stop letting stress and disappointment hold you back from the life you want

## **BOOK #2: The Gratitude Journal: How to Keep a Gratitude Journal and Experience Great Improvement of Your Life: 10 Useful Tips**

We say “thank you” many times a day without actually meaning it. The response has become automatic, expected even, without actually acknowledging the reasons. For American's the dedicated “Thanksgiving Day” has even now become just another holiday to eat to excess and relax without the majority really displaying any thankfulness for the bounty in their lives.

Do you have a warm place to sleep? Food? How about a family or friends that care for you? Rather than being thankful for just having the latest tech there are probably plenty of things in your life that you should be thankful for everyday and don't realize. A gratitude journal is a tangible way of always having a reminder about the things you are thankful for in your life. This book intends on giving you both a lesson in gratitude and the tools to create your own journal. So whenever you feel down, turn a page and remember that maybe life isn't so bad.

### **Here is what you will learn after reading this book:**

- Why living a life of gratitude can make you happier
- The science of gratitude
- How to include gratitude in your life
- How to write a gratitude journal
- Will a journal work for me?
- 10 tips

## **Getting Your FREE Bonus**

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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**From reader reviews:**

**Joanne Starks:**

This The Gratitude Journal Box Set: 35 Useful Tips and Suggestions How to Keep Gratitude Journal for Far More Happier, Fulfilled and Joyful Life (The Gratitude ... gratitude stories, gratitude and trust) book is not ordinary book, you have after that it the world is in your hands. The benefit you have by reading this book is actually information inside this reserve incredible fresh, you will get data which is getting deeper you actually read a lot of information you will get. This specific The Gratitude Journal Box Set: 35 Useful Tips and Suggestions How to Keep Gratitude Journal for Far More Happier, Fulfilled and Joyful Life (The Gratitude ... gratitude stories, gratitude and trust) without we recognize teach the one who looking at it become critical in pondering and analyzing. Don't become worry The Gratitude Journal Box Set: 35 Useful Tips and Suggestions How to Keep Gratitude Journal for Far More Happier, Fulfilled and Joyful Life (The Gratitude ... gratitude stories, gratitude and trust) can bring once you are and not make your handbag space or bookshelves' come to be full because you can have it inside your lovely laptop even phone. This The Gratitude Journal Box Set: 35 Useful Tips and Suggestions How to Keep Gratitude Journal for Far More Happier, Fulfilled and Joyful Life (The Gratitude ... gratitude stories, gratitude and trust) having very good arrangement in word and layout, so you will not experience uninterested in reading.

**India Oakley:**

Reading can called thoughts hangout, why? Because while you are reading a book especially book entitled The Gratitude Journal Box Set: 35 Useful Tips and Suggestions How to Keep Gratitude Journal for Far More Happier, Fulfilled and Joyful Life (The Gratitude ... gratitude stories, gratitude and trust) your head will drift away trough every dimension, wandering in every single aspect that maybe unidentified for but surely can become your mind friends. Imaging each and every word written in a guide then become one web form conclusion and explanation this maybe you never get ahead of. The The Gratitude Journal Box Set: 35 Useful Tips and Suggestions How to Keep Gratitude Journal for Far More Happier, Fulfilled and Joyful Life (The Gratitude ... gratitude stories, gratitude and trust) giving you another experience more than blown away the mind but also giving you useful data for your better life on this era. So now let us teach you the relaxing pattern is your body and mind will likely be pleased when you are finished reading it, like winning a game. Do you want to try this extraordinary shelling out spare time activity?

**Lois Hutter:**

With this era which is the greater person or who has ability to do something more are more special than other. Do you want to become one of it? It is just simple method to have that. What you should do is just spending your time not much but quite enough to get a look at some books. One of the books in the top checklist in your reading list is usually The Gratitude Journal Box Set: 35 Useful Tips and Suggestions How to Keep Gratitude Journal for Far More Happier, Fulfilled and Joyful Life (The Gratitude ... gratitude stories, gratitude and trust). This book that is certainly qualified as The Hungry Hills can get you closer in growing to be precious person. By looking way up and review this guide you can get many advantages.

**Fannie Vincent:**

What is your hobby? Have you heard this question when you got students? We believe that that query was given by teacher on their students. Many kinds of hobby, All people has different hobby. So you know that little person such as reading or as reading through become their hobby. You need to know that reading is very important in addition to book as to be the matter. Book is important thing to increase you knowledge, except your own personal teacher or lecturer. You find good news or update with regards to something by book. Different categories of books that can you decide to try be your object. One of them is The Gratitude Journal Box Set: 35 Useful Tips and Suggestions How to Keep Gratitude Journal for Far More Happier, Fulfilled and Joyful Life (The Gratitude ... gratitude stories, gratitude and trust).

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