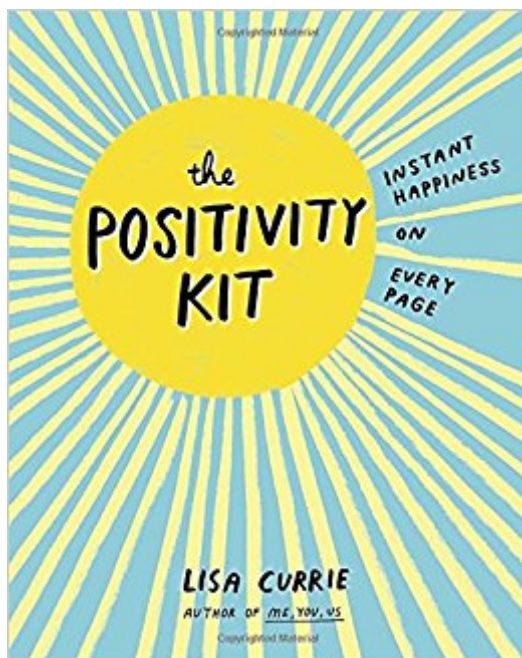


The book was found

The Positivity Kit: Instant Happiness On Every Page



Synopsis

Brimming with engaging prompts that focus on the good things in life, this interactive book is guaranteed to cheer up even the grumpiest person on the rainiest day. Prompts include:~ ~ ~ ~ ~ Draw your dream home.~ ~ ~ ~ ~ Make a grateful list.~ ~ ~ ~ ~ Compile the perfect playlist.~ ~ ~ ~ ~ Draw yourself a tattoo (on paper!).~ ~ ~ ~ ~ List 30 great ways to spend a free hour.~ ~ ~ ~ ~ Write a thank you note to a stranger. Fans of Wreck This Journal, 1 Page at a Time, Start Where You Are, and other creative journals will find inspiration and fun on every page.

Book Information

Paperback: 192 pages

Publisher: TarcherPerigee; Csm edition (June 7, 2016)

Language: English

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Product Dimensions: 7.3 x 0.6 x 9.1 inches

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Average Customer Review: 4.6 out of 5 stars 19 customer reviews

Best Sellers Rank: #48,037 in Books (See Top 100 in Books) #57 in [Books > Self-Help > Journal Writing](#) #222 in [Books > Self-Help > Creativity](#) #509 in [Books > Health, Fitness & Dieting > Mental Health > Happiness](#)

Customer Reviews

LISA CURRIE is an artist and author of *Me, You, Us* and *The Scribble Diary*. She lives in Melbourne, Australia.

I fell in love with this book right away. The more I flipped through the pages, the more in awe I became. Whoever put this book together must have put a lot of thought into it. This is something you can record just about every positive thought or action and even years from now, be able to look through it and reminisce about those positive memories. I love it! This is a great concept for sure. This journal is a journey! You will enjoy it and your friends & family will want one too. I'm thrilled to have found it!

I bought this for a friend and I hope she likes it. I read through it and I really enjoy what's in the pages. I highly recommend it for those who's going through a rough patch in their life.

Lots of fun!

Was an Xmas gift and they loved it. Each page holds a lot of magic and hope for taking gratitude in your everyday life. Highly recommend for everyone.

Great book! Really brings out the imagination and helps us recognize our good qualities. The only reason I don't give this a five star rating, is that some of the pages seem to be for teens, but not all. I still find this very helpful for personal "projects".

Too cute for words, keeps me busy. This would also be a great gift for kids. Lots of creative pages, stimulates your creativity. Really! Hahaha

Love it!! I wish I had more time to color in it but it is great if you are in a creative funk.

I love this book. It's so great! Be ready to spend some time filling it in! :D

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