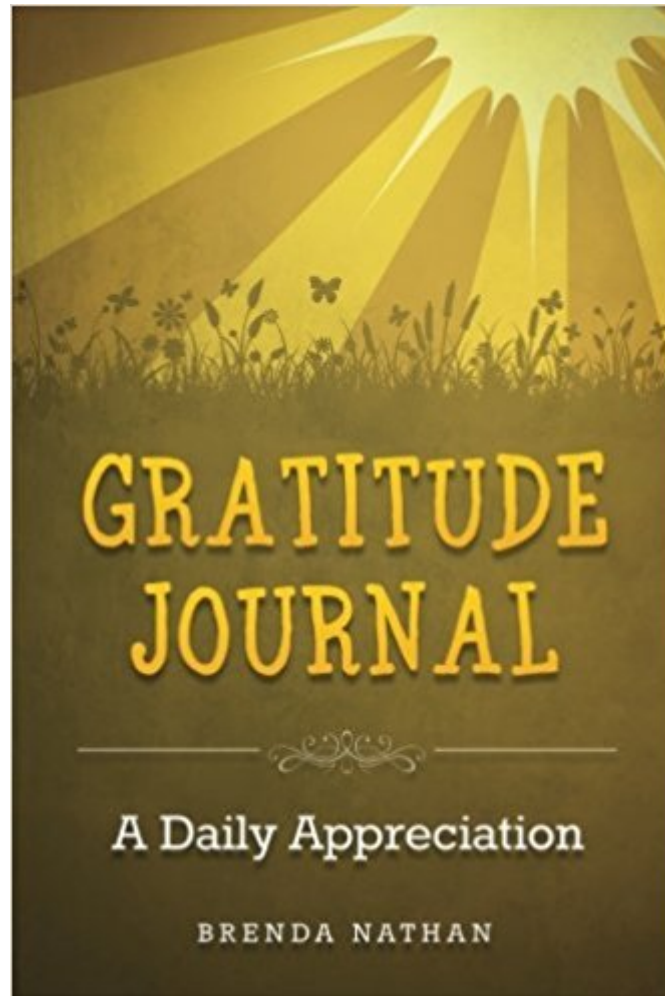




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Gratitude Journal: A Daily Appreciation



Synopsis

This gratitude journal is filled with inspirational quotes and lined pages for you to write your thoughts of gratitude. Gratitude is appreciation for every moment in your life--a feeling of abundance. It is saying thank you to the Universe for what you have right now. Your gratitude should be directed towards everything that you are creating in this life. It is the foundation of your life and is integral to all your experiences. It is a state of mind that you need to feel before your desires can manifest into your reality. Making a daily ritual of recording things you are grateful for will slowly transform your life. There is a section in this journal to keep a monthly log of transformations in your life. When you review past entries from your daily gratitude journal and this monthly transformations log, you will see a pattern to your life's journey.

Book Information

Journal: 148 pages

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Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 9.9 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 49 customer reviews

Best Sellers Rank: #366,501 in Books (See Top 100 in Books) #19 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Medicine & Psychology](#) #1177 in [Books > Health, Fitness & Dieting > Alternative Medicine > Healing](#) #4144 in [Books > Self-Help > Motivational](#)

Customer Reviews

Brenda Nathan is a freelance writer and has been keeping journals for many years. She has traveled around the world and is a student of personal development. Brenda lives in Cary, North Carolina, with her husband.

This book offers little more than blank lines on a page. I had expected there to be more prompts and structure. Instead, the dates are printed on each entry, meaning that unless you're starting on January 1st you're starting in the middle of the book. Each entry is just a date followed by a half dozen blank lines. There's a quote tossed in once a week or so. Would rather just use a blank journal. Useless.

The book is well laid out with various inspirational quotes from various thought leaders. A useful place to record your gratitude for your many blessings. There is also a section to reflect on your transformations on your journey of gratitude.

Easy to use, and makes a daily gratitude journal entry seem less cumbersome and more fun and relaxing.

I do not write journals but gave this as gift. Item is just okay.

Simple and concise advice, to be followed. Gratitude practice for a better life! Easy to read, harder to practice , with this as a useful guide, easier to achieve!

Convenient daily reminder to be grateful for everything and anything on a daily basis.

This is a great idea! There is very little writing, or explanation of the thinking behind being grateful, however. On random pages there are motivational quotes, so that is nice. I thought it would have more inspiring text to focus me on appreciating what I have in my life.

Gave these as Christmas gifts and the recipients loved them. Good verses inside, too.

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The Gratitude Journal: A 21 Day Challenge to More Gratitude, Deeper Relationships, and Greater Joy (A Life of Gratitude) Start Each Day with a Grateful Heart: Gratitude Journal with Bible Verses and Inspirational Quote: Large Print Gratitude Journal with Daily Scriptures: Gifts for Women/Teens/Seniors Gratitude Journal: A Daily Appreciation The Daily Power Journal - (Durable Cover): An Effective Five Minute Journal Tool For Self-Exploration, Daily Gratitude, Productivity, & Happiness 6" X 9" Music Journal Music is What Feelings Sound Like: Lined Music Teacher Notebook, Appreciation Gift Quote Journal or Diary ~ Unique Inspirational Gift ... You, End of Year, Retirement or Gratitude Psalm 46:5 God Is Within Her, She Will Not Fall: Prayer Journal for Women to Write in/for Daily Conversation & Praise with God (Bible Verse Journal ... Gratitude Journal, 110 pages, matter cover The Daily Power Journal - Deep Blue Cover: A Powerful Tool For Personal Transformation, Productivity, Happiness & Daily Gratitude, 6" X 9" (Durable Cover) Music Teachers Touch Hearts One Note at a Time: Lined Music Teacher Notebook, Appreciation Gift Quote Journal

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