



Gratitude Journal - Daily Record of your Thankful Thoughts: Helps you to focus on the good in your life. (Blank Books by Cover Creations)

Rose Montgomery

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Are you filled with worry? Are you overly concerned about what might happen in the future? One helpful hint in living with less negative feeling - yes... one very helpful hint... is to... START your day with GRATITUDE... As well as END your day with GRATITUDE... This habit will help you to live with a HAPPY HEART Use this convenient and delightful blank book to thoughtfully record the things you are thankful for each day. As days turn to weeks and weeks to months and months to years while you record your blessings - you will wake each morning to discover you do indeed have a HAPPY HEART! Focusing on the positive in life will bring HOPE... Hope will lead to PEACE and JOY... for which you will have GRATITUDE ! Melody Beady wisely said, "Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow". Daily life isn't always going to be perfect or go our way, but focusing on what is working in our lives can help us to rise above our difficulties. Turn your thoughts to God with Gratitude for His Great Gifts and you will Walk in HAPPINESS and PEACE Order this book Now - Start the Journey of Joy

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