



Happy Journal : How To Find Your Happy : Happiness Planner & Journal in One: Happiness in over 200 Journal Entries One Page A Day (Happiness Journals) (Volume 2)

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This Happy Journal will help you to find your happy in no time at all. It's a Happiness Planner & Journal in one and book which forces you to identify the true sources of your happiness in order to live a more meaningful life. Do you know that the key to happy life is to develop a real attitude for gratitude. Write in this Happy Journal everyday and start to appreciate the things that are all around you. This journal allows you to sit still for a change and focus on what is important. It will put you in the right frame of mind, altering your thought process day by day. It's a paperback book measuring 6" wide x 9" in height so it's the perfect size for putting on your bedside table and writing one sentence on Happiness and a journal entry a day. There's room for over 200 journal entries and statements so there will be lots of insight gathered over the weeks and months as you write in it on a daily basis. Click to see inside the specially formatted pages, the journal asks one simple question a day. No fluff, no extra words, getting you to FOCUS on one thing - YOUR HAPPINESS! Order your Happy Journal today and start to find your happy.



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