# The Gratitude Journal (Paperback)



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# Reviews

A must buy book if you need to adding benefit. It is actually rally fascinating through studying time. Your way of life span will likely be transform as soon as you complete looking over this publication. (Ms. Bernice Rolfson)

### THE GRATITUDE JOURNAL (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 224 x 148 mm. Language: English . Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*. Writing in this book just a few minutes a day will augment your well-being and strengthen your spirit. Filled with short inspirational quotes, this simple journal offers a framework for practicing the power of gratitude each day while keeping a record of your blessings for future inspiration. A recent study on gratitude by Psychologist Robert Emmons found the following benefits of a daily practice of gratitude: 1. Greater happiness. People who kept a gratitude journal were 25 happier than those who just kept a journal of routine daily events. 2. Better sleep. People who kept a gratitude journal slept 12 longer and woke up 15 more refreshed than those that didn t. 3. Physical. Those who keep a Gratitude journal exercised 30 more than their non-journaling counterparts. 4. No side effects. Optimism, gratitude and other self-development practices are being studied to determine their ability to short-circuit depression and reduce blood pressure. This book is designed to help you get all those benefits as you develop a more in-depth relationship with gratitude and to create positive feelings in your daily life. Set good things in motion and get a copy of The Gratitude Journal for yourself right now.



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