



The Happy Journal: On the Map

By Heidi a Thatcher

Createspace, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.THE HAPPY JOURNAL is a unique step toward creating your own happiness. It is a journal, of sorts, filled with wonderful quotes related to happiness and joy. However, what makes this book unique is the additional blank pages to be filled with all the things that YOU love! Follow the easy instructions and begin by simply writing down a list of things that make you feel happy. Now let the fun begin! THE HAPPY JOURNAL has an abundance of room to share your thoughts, ideas, and goals. Be creative and fill your pages with play tickets, candy wrappers, doodles and more. If you re stuck on what to do there are suggestions and ideas to help you along: I dream of having., what I love most about me., and more. Then take a few seconds each day and look through the journal you created. The effect will be startling! This journal is designed to be a proactive way of learning how to feel happy every day using various visuals created by you in THE HAPPY JOURNAL. So enjoy...



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