



The Gratitude Journal: How to Keep a Gratitude Journal and Experience Great Improvement of Your Life: 10 Useful Tips (The Gratitude Journal Books, Gratitude Stories, Gratitude and Trust)

Emma Smith

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We say “thank you” many times a day without actually meaning it. The response has become automatic, expected even, without actually acknowledging the reasons. For American's the dedicated “Thanksgiving Day” has even now become just another holiday to eat to excess and relax without the majority really displaying any thankfulness for the bounty in their lives.

Do you have a warm place to sleep? Food? How about a family or friends that care for you?

Rather than being thankful for just having the latest tech there are probably plenty of things in your life that you should be thankful for everyday and don't realize. A gratitude journal is a tangible way of always having a reminder about the things you are thankful for in your life. This book intends on giving you both a lesson in gratitude and the tools to create your own journal. So whenever you feel down, turn a page and remember that maybe life isn't so bad.

Here is what you will learn after reading this book:

- Why living a life of gratitude can make you happier
- The **science** of gratitude
- How to include gratitude in your life
- How to **write** a gratitude journal
- Will a journal work for me?
- 10 **tips**

Getting Your FREE Bonus

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