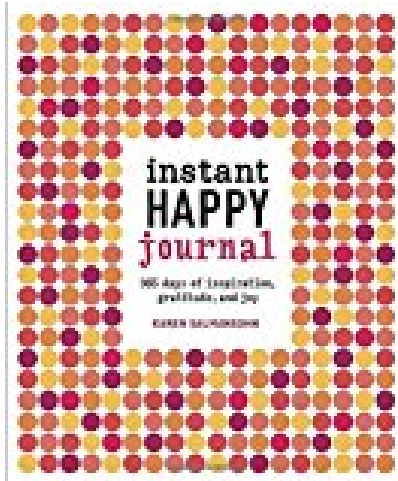


Instant Happy Journal 365 Days of Inspiration Gratitude and Joy



BOOK DETAILS

- Author : Karen Salmansohn
- Pages : 368 Pages
- Publisher : Ten Speed Press
- Language : English
- ISBN : 160774824X

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BOOK SYNOPSIS

"This colorful diary inspires journalers to apply happiness guru Karen Salmansohns Instant Happy principles to their everyday lives, with 365 prompts to encourage a year of gratitude. On the heels of Karen Salmansohns wildly popular gift book Instant Happy comes this happiness journal, with daily prompts to help you think about and apply happiness wisdom to your own life. Each page features a specific intention, inspiring quote, surprising scientific fact, or thought-provoking question to ponder. When you approach your day with Salmansohns "happiness prompters" in mind, you amp up your ability to notice (and create!) many more joyous moments in your day. But thats just half of what it takes to live a supremely happy life. This journal teaches the top two habits of happy people: to naturally set their intention to enjoy a happy day, then end the day reflecting on what made them happy. When you end your day writing about what went right, you further strengthen your happiness mindset. With fill-in dates so that you can write and reflect at your own pace, this little journal features a graphic design and fresh attitude perfect for todays modern happiness-seeker"--

INSTANT HAPPY JOURNAL 365 DAYS OF INSPIRATION GRATITUDE AND JOY

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