

The book was found

# Five Minute Gratitude Journal: 5 Short Minutes A Day To Develop An Attitude Of Gratitude (Five Minute Journals) (Volume 1)



## Synopsis

This Five Minute Gratitude Journal requires that you only spend 5 minutes a day (or even less) filling out one simple sentence about GRATITUDE. It has been proven that in doing so, you will experience a more abundant and happy life because you will start to focus on what is GOOD in your life instead of focusing on what is BAD. Thousands of Five Minute Journals have been sold which proves that more and more people are connecting with their inner happiness to find peace and tranquility in their lives. The book is beautifully designed with a peaceful and calming front cover, it measures 6" x 9" so it is perfect for keeping at the side of your bed or on your desk so you have it to hand at all times. Inside the book there is room for over 200 entries with a useful quote on each page by a range of authors and scholars who have each experienced the power of gratitude. The book forces you to develop an attitude of gratitude in order to reap the rich benefits that life has to offer. It makes the perfect gift for pessimists and optimists alike (pessimists will be forced to be more optimistic) as they move throughout the year with a different attitude. Experience the most positive period in your life yet, get your Five Minute Gratitude Journal today.

## Book Information

Series: Five Minute Journals

Diary: 108 pages

Publisher: CreateSpace Independent Publishing Platform; Jou edition (October 19, 2015)

Language: English

ISBN-10: 1518691102

ISBN-13: 978-1518691102

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (3 customer reviews)

Best Sellers Rank: #38,000 in Books (See Top 100 in Books) #27 inÂ Books > Self-Help > Journal Writing #289 inÂ Books > Self-Help > Self-Esteem

## Customer Reviews

I gave this journal as a gift to my sister. She doesn't like journaling, but she can do 5 min of writing her gratitudes each day.

Great book to take just 5 minutes a day to write out what you're grateful for. I love the quotes. I now use this book with all of my new clients.

Great book but very small space to write in.

[Download to continue reading...](#)

Five Minute Gratitude Journal: 5 Short Minutes A Day To Develop An Attitude of Gratitude (Five Minute Journals) (Volume 1) Attitude: Discover The True Power Of A Positive Attitude (Positive Attitude, Eliminate Negative Thinking, How A Good Attitude Can Make You Happy) Gratitude: Discover How To Gain Emotional Freedom Through The Power Of Gratitude (Gratitude and Happiness, Healing Power of Gratitude, Gratitude Daily, Gratefulness and Thankfulness) Alice in Wonderland Chalkboard Journal - We're All Mad Here: 100 page 6" x 9" Ruled Notebook: Inspirational Journal, Blank Notebook, Blank Journal, ... Chalkboard Notebook Journals) (Volume 5) Chalkboard Journal - Be Still & Know (Yellow): 100 page 6" x 9" Ruled Notebook: Inspirational Journal, Blank Notebook, Blank Journal, Lined Notebook, ... Journals - Yellow Collection) (Volume 3) Chalkboard Journal - Be Still & Know: 100 page 6" x 9" Ruled Notebook: Inspirational Journal, Blank Notebook, Blank Journal, Lined Notebook, Blank Diary (Chalkboard Notebook Journals) (Volume 3) Five Good Minutes: 100 Morning Practices to Help You Stay Calm and Focused All Day Long (The Five Good Minutes Series) Journal Daily: inside Tree Design, Lined Blank Journal Book, 150 Pages, 6" x 9" (15.24 x 22.86 cm), blank journal pages, writing journal Fabric Art Journals: Making, Sewing, and Embellishing Journals from Cloth and Fibers (Quarry Book) 21 Prayers of Gratitude: Overcoming Negativity Through the Power of Prayer and God's Word - A Life of Gratitude The Gratitude Journal: A Mother's Day Gift (Special Occasion Gift Edition) 21 DAY FIX: 30 Top 21 DAY FIX RECIPES with complete container count PREP IN 15 MIN OR LESS (21 day fix recipes, 21 day fix cookbook, 21 day fix book) The Book Lover's Journal (Reading Journal, Book Journal, Organizer) Journal Your Life's Journey: Tree Vector Journal, Lined Journal, 6 x 9, 100 Pages Journal Your Life's Journey: Water Color Paint Journal, Lined Journal, 6 x 9, 100 Pages 365 Journal Writing Ideas: A year of daily journal writing prompts, questions & actions to fill your journal with memories, self-reflection, creativity & direction Journal of Ugly Sites and Other Journals (Ottoline Prize) Reading Log: Gifts for Book Lovers / Reading Journal [ Softback \* Large (8" x 10") \* Antique Books \* 100 Spacious Record Pages & More... ] (Reading Logs & Journals) Beautiful Botanicals 140 Page Coloring Journal (Rainbow Collection Journals) Aspiring Artist 140 Page Coloring Journal (Rainbow Collection Journals)

[Dmca](#)