



Happiness One Cup at a Time: A Coffee Journal (Paperback)

By Zenergy Press

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.It's a new year and time to make those new year's resolutions for keeps! Do you want to keep track of eating healthy this new year? Do you want to learn how to better track your diet for weight loss management or plan to make this year's job search or job opportunities more successful than the previous year? This journal is uniquely crafted to capture your thoughts as you sip your cup of coffee. What thoughts are brewing in your mind, heart, and soul. Journaling your date with coffee will help you unlock your creativity as the coffee opens up all your five senses. Systematic reflections will lead you to a creative lifestyle. Sample reflective questions for journaling: How was my mood before/after my first cup of coffee? How was my body feeling as I waited for my coffee? Was I impatient? Why was I in a hurry?.



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