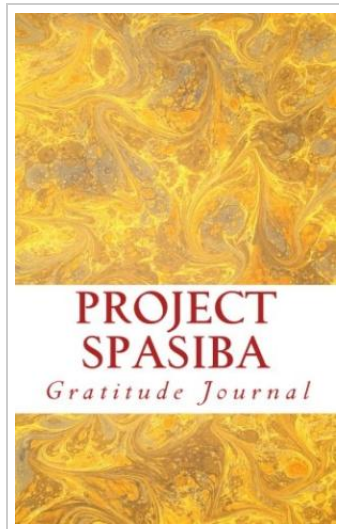




Project Spasiba: Gratitude Journal

By Dahines Rajamanickam

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. Spasiba means thank you in Russian. This is a handy 100-page gratitude journal to carry with you wherever you go. Pages in this journal are versatile, you can make it last a whole year or you can make multiple entries in a day should you feel so. A daily practice of expressing gratitude has proven to be beneficial to our mental health, especially in the rapid world we live in now. Spend at least 5 minutes a day writing in this journal to be grounded to reality. You will quickly start to notice things that really matter to you. Journal also includes gentle positive reminders on every other page with an enso encircling it. In Zen Buddhism, an enso is a circle that is hand-drawn in one or two uninhibited brushstrokes to express a moment when the mind is free to let the body create. It is suitable for both adults and children. Buy it for yourself or your loved ones to kickstart a healthy habit.

DOWNLOAD



READ ONLINE
[1.09 MB]

Reviews

This kind of publication is every little thing and taught me to searching in advance plus more. I have got study and i am confident that i am going to going to go through yet again again down the road. I am just effortlessly could get a delight of reading a written pdf.

-- **Mrs. Bonita Kuphal**

Merely no phrases to describe. It really is rally intriguing throug reading time. I am happy to tell you that this is basically the greatest book i have go through in my own lifestyle and might be he greatest book for ever.

-- **Kattie Wunsch**

Other Books



Peppa Pig: Sports Day - Read it Yourself with Ladybird: Level 2

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Peppa Pig: Sports Day - Read it Yourself with Ladybird: Level 2, Peppa Pig is having fun with her friends at Sports Day, but she is not very good at paying attention during...



Dads Who Killed Their Kids True Stories about Dads Who Became Killers and Murdered Their Loved Ones

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Dads Who Kill What would drive a father to murder his own children? The idea of anyone killing a child, especially...



Thank You God for Me

Wood Lake Books, Canada. Paperback. Book Condition: new. BRAND NEW, Thank You God for Me, M Perry, For ages baby-preschool. Encourage children to celebrate their own uniqueness with this story based on Psalm 8.



When Life Gives You Lemons. at Least You Won t Get Scurvy!: Making the Best of the Crap Life Gives You

Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.A collection of stories and essays that give food for thought and make you laugh. (and sometimes...



Your Pregnancy for the Father to Be Everything You Need to Know about Pregnancy Childbirth and Getting Ready for Your New Baby by Judith Schuler and Glade B Curtis 2003 Paperback

Book Condition: Brand New. Book Condition: Brand New.



Dog on It! - Everything You Need to Know about Life Is Right There at Your Feet

14 Hands Press, United States, 2013. Paperback. Book Condition: New. 198 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****.Have you ever told a little white lie? Or maybe a bigger one that wasn t even white?...