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# 30 Days of Gratitude Journal

\$18.00

Practicing gratitude can, and WILL, change your life. Those who take the time to be present in the moment and meditate upon the things they are grateful for experience strong emotions of peace, calm, happiness, and joy. They feel more alive. They are more compassionate. They sleep better. They are more productive. I challenge you to practice written gratitude day after day, month after month, year after year. This journal is designed to help you focus on gratitude in every situation. Grab a pen, get comfy, and let's learn to be grateful together.

Joyfully! Carrie

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