



## Gratitude Journal for Self-Exploration, Happy Inspiration, and Instant Joy (Paperback)

By Marty Schirn

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. A proven powerful way to increase your happiness and become more joyful is to feel deeply grateful for what you have. When you feel truly thankful, your outlook becomes more cheerful and optimistic; your attitude becomes more positive and confident. Your inner being radiates love because you love your life, thereby increasing your self-esteem. And as your self-esteem increases, people will be attracted to you because they see and feel your cheerfulness and optimism. Furthermore, as you feel increasingly grateful over time, this attracts even more blessings to you! When you feel deeply thankful for these new blessings, your appreciation becomes even stronger, attracting still more blessings. This is not to say you won't experience difficult times. You will. Life is not easy and can be extremely painful. It's very hard to feel grateful when tragedy strikes. But it is not impossible. If you are constantly focused on feeling grateful, even for the smallest things, the difficult times will be easier to handle. Likewise, feeling grateful for what you don't have is also very powerful and beneficial...



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