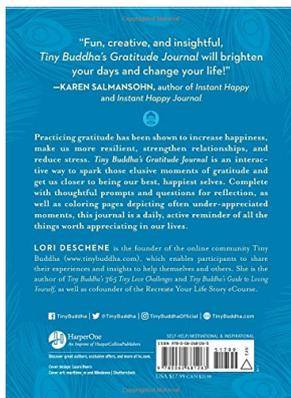


[PDF] Tiny Buddha's Gratitude Journal: Questions, Prompts, And Coloring Pages For A Brighter, Happier Life

Lori Deschene - pdf download free book



Books Details:

Title: Tiny Buddha's Gratitude Journ
Author: Lori Deschene
Released: 2017-06-13
Language:
Pages: 160
ISBN: 0062681265
ISBN13: 9780062681263
ASIN: 0062681265

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Description:

From the author of *Tiny Buddha's 365 Tiny Love Challenges* and founder of the popular online community Tiny Buddha comes a flexibound interactive journal to help readers creatively foster

gratitude in their daily lives.

Even in the hardest of times, we have things to be grateful for. Lori Deschene, founder of TinyBuddha.com, helps us recognize these small blessings with this journal dedicated to thankfulness. Each page of *Tiny Buddha's Gratitude Journal* includes a question or prompt to help readers reflect on everything that's worth appreciating in their lives.

Sprinkled throughout this soulful journal are fifteen coloring pages depicting ordinary, often overlooked objects that enhance our lives, with space for written reflection on the page. With *Tiny Buddha's Gratitude Journal*, readers will be able to recognize small blessings, focus on the positive, and foster optimism to help them be their best, happiest selves every day.

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