



The Kindness Journal: 6 Minutes A Day To Your Happiest You

Natasha Sharma

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Not every day is good...but there is something good in every day. Quite often, it is our smallest accomplishments and the simplest of pleasures in life that add up to have the biggest impact on how we feel. But in our fast-paced lives, it can be hard to take notice of them and create actions for positive change. The Kindness Journal is a guided, interactive journal designed to help you cultivate a more positive outlook and a greater sense of happiness. Based entirely on the science and research of Positive Psychology and Mind Body Health, and the knowledge gained from years of counseling practice, this journal provides a space to reflect and refocus on the "good" in each day. Featuring simple prompted entries that take only six minutes each night to complete, The Kindness Journal is an enriching book to help you look back on your day, channel positive events and feelings, and make them last. It also encourages the conscious practice of Kindness, which has been scientifically proven to influence our happiness by up to 40%. Daily inspirational quotes and weekly "dares" keep your journal experience inspirational, motivating, and fun. You will feel the difference after a single entry. Start re-tuning your mind and actions with The Kindness Journal, and release your quiet inner joy. This journal will make an inspirational gift and keepsake; it's your secret tool to feel more connected to others, bring more meaning into life, and ultimately become HAPPIER. Visit www.thekindnessjournal.com for more.

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