

Gratitude brings with it a wealth of benefits. Our stress levels reduce. The dangerous bath of harmful stress hormones eases from our body. In its place we are caressed by the serenity hormones - the ones which heal and repair us. As we practice gratitude, our relationships become easier. Every encounter becomes that much more smooth. The world can seem brighter and more welcoming. This set of 32 gratitude prompts takes you through a full month of exploring gratitude, plus a bonus day as a treat. Invest a month in celebrating all you have to be grateful for. Your health, your serenity, and those around you will cherish the difference. This book assumes that you've done some journaling and understand the basics. If you need help with any journaling topics, I have a 160-page free ebook *Journaling Basics - Journal Writing for Beginners* which is available on all major platforms. If it hasn't rolled out free on the one you're using yet, please contact me and I'll find a way to get a copy to you. All authors proceeds of the Journaling series benefit battered womens shelters.

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