



## Sunshine and Rainbows: And Other Happy Crap: A Grumpy Girl's Guide to Gratitude (Paperback)

By Aleah Helton

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Small joys are often in the details. Do you sit and wonder how it is that you can make it through one more day? Sometimes, in the hustle and bustle of life we forget to stop and show gratitude. Sunshine and Rainbows, and OTHER HAPPY CRAP is a hands-on, real life book to help you pause and remember the joys in life. This book includes personal stories from the authors, moments of reflection, as well as a year-long, day-to-day gratitude journal. So grab a pen, a bottle of wine or some chocolate, or both, and curl up on the sofa. \*Contains adult language.



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