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Reviews

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(Dr. Anya McKenzie)

GRATITUDE COLORING JOURNAL FOR THE WOUNDED: GIVE THANKS, RISE UP AND CONQUER (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English. Brand New Book ****** Print on Demand ******. Everyday is a cause for celebration - from waking up each day alive and refreshed, to being with loved ones. Even experiencing pain from being wounded and scarred can be a blessing. Journaling is a great way to capture moments and memories. and what a special way to do that with inspiring quotes, thoughtful prompts, writing pages, and doodle spaces. Add to that 20 coloring pages that provide you more joyful, alone time. This self-help resource is a versatile 3-in-1 tool for those who have to recover from hurt, sadness, longing and loss: 1) Gratitude tool - It serves as a constant reminder to give thanks for life s blessings; 2) Coloring tool - It s a great way to express one s creativity, release stress, and face life with grace. 3) Journaling tool - It prompts one to see the bright side of things, regardless of how insignificant they may seem. This Gratitude Coloring Journal inspires with insightful quotes such as: If the only prayer you said in your whole life was, thank you, that would suffice. Meister Eckhart If you want to turn your life around, try thankfulness. It will change your life mightily. Gerald Good Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude. A.A. Milne, Winnie-the-Pooh Feeling gratitude and not expressing it is like wrapping a present and not giving it. William Arthur Ward Who does not thank for little will not thank for much. Estonian Proverb We often take for granted the very things that most deserve our gratitude. Cynthia Ozick When eating bamboo sprouts, remember the man who planted them. Chinese Proverb Replace...

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