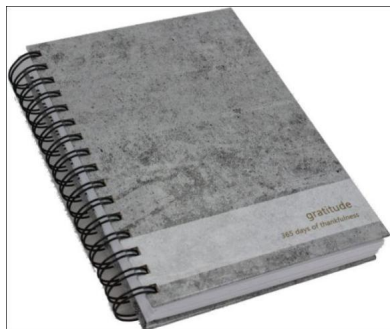


Dad's Gratitude Journal



An amazing price for a quality Gratitude Publication. Original RRP \$21.95. A wonderful inspirational gift to inspire Dad to express himself and be reminded of all he has to be grateful for. This gift will keep on giving - benefiting both Dad's mental health and improving his well-being. Further details below...

Rating: Not Rated Yet

Price:

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Base price with tax: \$5.95

\$5.95

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Description

Dad will Discover the Power of Positivity...

An Amazing Gift that may well Change his Life!

Original RRP \$21.95

Celebrate your wonderful life and all that is in it

Make Time each day, week or month to **reflect** on the days past, present and future

Be Thankful for who you are and what you have in life today.

Measures 21 x 14.5 x 2.2cm with **365 pages** to record a years' worth of daily reflections.

Quality spiral bound - Designed in Australia by Finmark.

Emily Stone is a Chicago-based journalist. Her research has led her to a deeper understanding of how the brain functions as well as what feeds into happiness. Gratitude can often be drowned out by the day's headlines or an unpleasant encounter. By taking even one minute in the morning or before bed to reflect on the positive, we can significantly benefit both physically and emotionally.