

Mum's Gratitude Journal



An amazing price for a quality Gratitude Publication. Original Retail Price \$21.95. A wonderful inspirational gift for all those Mums that love to express themselves, while being reminded of all she has to be grateful for. This gift will keep on giving - benefiting both Mum's mental health and improving her general well-being. Further details below...

Rating: Not Rated Yet

Price:

Variant price modifier:

Base price with tax: \$5.95

\$5.95

GST Inc\$0.54

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Description

Mum can Discover the Power of Positivity...

An Amazing Gift that may well Change her 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.

Under \$6 : Mum's Gratitude Journal

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.