



## The Power of Appreciation: A Gratitude Diary Notebook Journal (Paperback)

---

By James Allen Proctor

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Writing in this journal only a few minutes a day can have an incredibly positive impact on your life. Filled with short inspirational quotes, this simple journal offers a framework for practicing the power of gratitude each day while keeping a record of your blessings for future inspiration. A recent study on gratitude by Psychologist Robert Emmons found the following benefits of a daily practice of gratitude: 1. Greater happiness. People who kept a gratitude journal were 25 happier than those who just kept a journal of routine daily events. 2. Better sleep. People who kept a gratitude journal slept 12 longer and woke up 15 more refreshed than those that didn't. 3. Physical. Those who keep a Gratitude journal exercised 30 more than their non-journaling counterparts. 4. No side effects. Optimism, gratitude and other self-development practices are being studied to determine their ability to short-circuit depression and reduce blood pressure. This book is designed to help you get all those benefits as you develop a more in-depth relationship with gratitude and to create positive feelings...



**READ ONLINE**  
[ 5.13 MB ]

### Reviews

*An extremely amazing book with lucid and perfect reasons. It is actually written in easy words and phrases and never confusing. Your life period will likely be transformed the instant you fully look over this ebook.*

-- **Tracy Keeling**

*This publication can be worth a read through, and far better than other. It normally will not charge too much. Your life period will likely be enhanced as soon as you comprehensively read this article pdf.*

-- **Joyce Boyle**