

## My Happiness Journal 2: Record What Makes You Happy (Very Therapeutic) In Your Own Book From Paperbacknotebooks.com



Practicing gratitude & journaling are very therapeutic in and of themselves. Here you can combine the techniques in your very own Happiness Journal. We like to call it concise happiness therapy. Small enough to carry in your purse or jacket for quick reference. These books are printed as perfect-bound, trade paperback books. The covers are full-color, gorgeous, and varnished with UV protection to last a lifetime and beyond. Interior pages are numbered with a table of contents for quick reference and preprinted with appropriate headings. A perfect gift for anyone that could use a little pick-me-up. Check out our other great fill-in-the-blank-books at PaperbackNotebooks.com, including My Wine Reviews, My Bird Watching Log, My Gardening Log, My Zen Wisdom, and many more coming soon. Thank you for your purchase and please help us serve you better by suggesting other titles you would like to see at our website. Please tell your Friends & Family about us. Thank You, PaperbackNotebooks.com

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