



21 Days of Gratitude & more: Journal your way to more Happy

Ms Lee Pryke

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Living a Life of Gratitude reduces stress and increases our chances of living a longer, healthier life. Sometimes challenging ourselves is a good thing. This book is ready to go for a 21 Day of Gratitude Challenge and more. It takes 21 days to form a habit so go ahead and start your 21 Days of Gratitude Challenge and make it a life long happy habit!

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