



A Year of Daily Joy: A Guided Journal to Creating Happiness Every Day

Jennifer Loudon

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Packed with inspiring words of wisdom and stunning National Geographic photographs, this elegant keepsake reminds us of the world's countless wonders while encouraging us to reflect on the blessings in our own lives. Thoughtful quotations, easy-to-follow exercises and meditations, and space to record personal reflections set readers on a pathway toward inner peace and joy. A few minutes with this heartening little book will keep spirits soaring every day of the year.

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