

52 Lists for Happiness Weekly Journaling Inspiration for Positivity Balance and Joy



BOOK DETAILS

- Author : Moorea Seal
- Pages : 160 Pages
- Publisher : Sasquatch Books
- Language : English
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BOOK SYNOPSIS

"A follow-up to her runaway hit *The 52 Lists Project*, social media maven Moorea Seals *52 Lists for Happiness* will inspire existing fans and new journal readers to cultivate their own uniquely happy and fulfilling lives through the power of lists! Drawing on happiness research and her own personal philosophy, Moorea Seal creates an inspiring tool for list lovers everywhere to discover the keys to their own unique happiness and bring more joy and balance into their lives. This beautiful, undated hardcover journal with 52 listing prompts encourages readers to reflect, acknowledge, and invest in themselves, and ultimately transform their lives by figuring out exactly what makes them happy. Like *Seals The 52 Lists Project*, this keepsake journal comes in a luxurious package full of lush photography, charming illustrations, copper foil, and a velvet ribbon."

52 LISTS FOR HAPPINESS WEEKLY JOURNALING INSPIRATION FOR POSITIVITY BALANCE AND JOY

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