

[PDF] The Happiness Project One-Sentence Journal For Mothers

Gretchen Rubin - pdf download free book



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Author: Gretchen Rubin

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Description:

365 days. 5 years. 1,825 happy moments. *The Happiness Project One-Sentence Journal for Mothers* is the ideal project for moms who want to capture the everyday moments of their child's growth but are naturally short on time.

Based on the book, *Happier at Home* by Gretchen Rubin, this five-year journal will help you make a time capsule of your family's growth in the simplest way possible. You can start at any point in the

year. Simply turn to today's date, and take a few moments to think about the quote or question on the top of the page. Jot down your thoughts and perhaps a note or reflection about your child. As the years go by you'll notice how your children evolve and discover the aspects about your family that lead to lasting happiness. The quotes are interesting, funny, and always thought provoking. The diary can be started on any day of the year but makes a terrific gift for the New Year or Mother's Day.

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