

[PDF] The Happiness Project One-Sentence Journal: A Five-Year Record

Gretchen Rubin - pdf download free book



Books Details:

Title: The Happiness Project One-Sen

Author: Gretchen Rubin

Released: 2011-11-01

Language:

Pages: 368

ISBN: 0307888576

ISBN13: 9780307888570

ASIN: 0307888576

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Description:

365 days. 5 years. 1,825 moments captured.

In her bestselling book *The Happiness Project*, Gretchen Rubin discovers the pleasure of writing just one sentence every day. *The Happiness Project One-Sentence Journal* helps you to make a fascinating and revealing time capsule of the next five years of your life. Simply turn to today's date,

reflect on the quote at the top of the page, and jot down just one sentence (perhaps about something good that happened that day).

This daily ritual is highly do-able and provides a striking sense of accomplishment, and as the years go by you can see how your entries evolve.

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