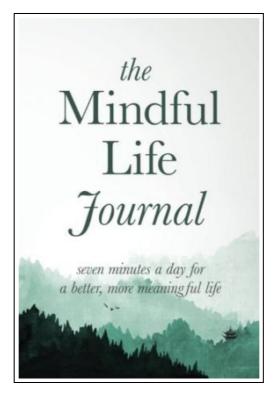
# The Mindful Life Journal: Seven Minutes a Day for a Better, More Meaningful Life (Paperback)



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# Reviews

This is an remarkable publication that I have ever read. Indeed, it is actually engage in, nevertheless an interesting and amazing literature. I am just happy to inform you that this is the best publication i have got go through during my personal lifestyle and may be he finest ebook for actually.

(Toby Baumbach)

# THE MINDFUL LIFE JOURNAL: SEVEN MINUTES A DAY FOR A BETTER, MORE MEANINGFUL LIFE (PAPERBACK)



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Better Life Journals, LLC, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Find serenity. No matter how busy you may be. For anyone who wants to bring mindfulness into daily life comes The Mindful Life Journal, a thoughtful interactive book that gently guides readers to reflect on their emotions, intentions, and energy. Through a series of simple, practical prompts and playful illustrated exercises, The Mindful Life Journal: Seven Minutes a Day for a Better, More Meaningful Life will help you feel better in the morning, be more productive during the day, and sleep better at night. With just seven minutes of effort per day, you ll begin to knock down the barriers between you and a happier life. The Mindful Life Journal features: THREE MONTHS OF NON DATED ENTRY PAGES. While it s intended to be used every day, if you miss a day here or there. no big deal. Be gentle with yourself. Come back to your practice when you can. GRATITUDE TWICE A DAY. By writing down two things you re grateful for in the morning you ll feel better. By cultivating gratitude in the evening you ll sleep better. 244 FEELING WORDS. Every day, the journal offers you eight different feeling words to choose from, while providing you space to write in your own feeling. By putting your feelings into words, you can halt your inherent reactivity, boost your productivity, and increase your emotional intelligence. 97 INSPIRING QUOTES. These well-chosen quotes from artists, sages, and scientists are designed to teach, encourage, and inspire every day. Each week, the quotes tell a story about mindfulness, emotions, intentions, or energy that lead you into that week s exercise. 13 MINDFULNESS EXERCISES. The playful yet serious exercises at the end of each week...



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