



Real Happiness Journal: A Must Have for Everyone Following This Powerful Meditation Program (Paperback)

By Vinceremos Press

Vinceremos Press, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Real Happiness Meditation Journal Meditation opens the door to real happiness. Meditation sharpens focus and improves our ability to learn new things. Meditation reduces pain and relieves many chronic conditions. Meditation calms us. It helps us connect to our inner selves and improve our feelings of self worth. Meditation helps us achieve real happiness like an exercise program that improves our health and well-being. Embrace the power of meditation. Write down how you feel right now, what your meditation focus is for the day, and chronicle your thoughts and realizations during this 28-day program. The Real Happiness Journal will help you write down your daily meditation practice and gives you the opportunity to journal what is working well for you. The Real Happiness Journal is a great companion to this powerful 28-day program.



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