



The Gratitude Journal for Women: Find Happiness and Peace in 5 Minutes a Day

Katherine Furman , Katie Vernon (Illustrator)

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The Gratitude Journal for Women: Find Happiness and Peace in 5 Minutes a Day Details

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From Reader Review The Gratitude Journal for Women: Find Happiness and Peace in 5 Minutes a Day for online ebook

Christi says

"Find happiness and peace in 5 minutes a day," sounds like its too good to be true but with The Gratitude Journal for Women it IS true! Katherine Furman has done an amazing job with this journal! The layout is beautifully done and artwork by Katie Vernon is colorful, alluring, and really makes this journal very inviting.

When you first open the journal there is an awesome introduction with case studies cited on the benefits of writing down daily what you're thankful for. I have kept a gratitude journal off and on throughout the years but I have never been as consistent as I should be. After reading the introduction I am going to try harder, especially in this season of my life.

Throughout the book, there are multiple writing prompts so the entire journal won't be you saying, "Today I am thankful for..." and you writing the same things over and over. The prompts are very thought provoking and help you focus on many different facets of your life, which I found very intriguing. There are also some pages that are blank so that you can write whatever is on your heart that day.

Sprinkled throughout the book are inspirational quotes from inspiring women which are also very uplifting, and pair very well to the writing prompts and the whole thankful theme. There is also an excellent resource directory in the back of the book so that you can delve deeper into your gratitude journey.

I was very impressed with The Gratitude Journal for Women and am not surprised to see that it is currently the #1 New Release in Quick Workouts on Amazon. This would make a wonderful gift, but if you do decide to give one away be sure to purchase one for yourself to keep as well, and start 2018 with a thankful heart.

*I received a complimentary copy of this book from Callisto Media and Althea Press in exchange for an honest, unbiased review. All thoughts and opinions are my own.

Alicia Taylor says

I received this book as a review copy from the publisher. The book begins with a four-page introduction defining gratitude. The author quotes famous studies and explains how the studies demonstrate that thankful people are happier people. The Gratitude Journal for Women offers thought-provoking prompts encouraging positive thinking. I especially enjoy the inspirational quotes by influential women from many arenas. Beautifully illustrated lined pages give you space to record your reflections and observations.

Each page is bordered with the same water-color illustration. The muted colors are peaceful and do not distract you from your writing tasks.

Despite this book being targeted at women, the questions do not seem female specific, but the illustrations are a bit girly.

If I could change one thing, I would make this spiral bound so it would be easier to write in. Otherwise, I am enjoying curling up with my favorite crocheted blanket, a cup of coffee, and a big window where I can see all the wildlife in my yard - and express how thankful I am to have these things in my life.

