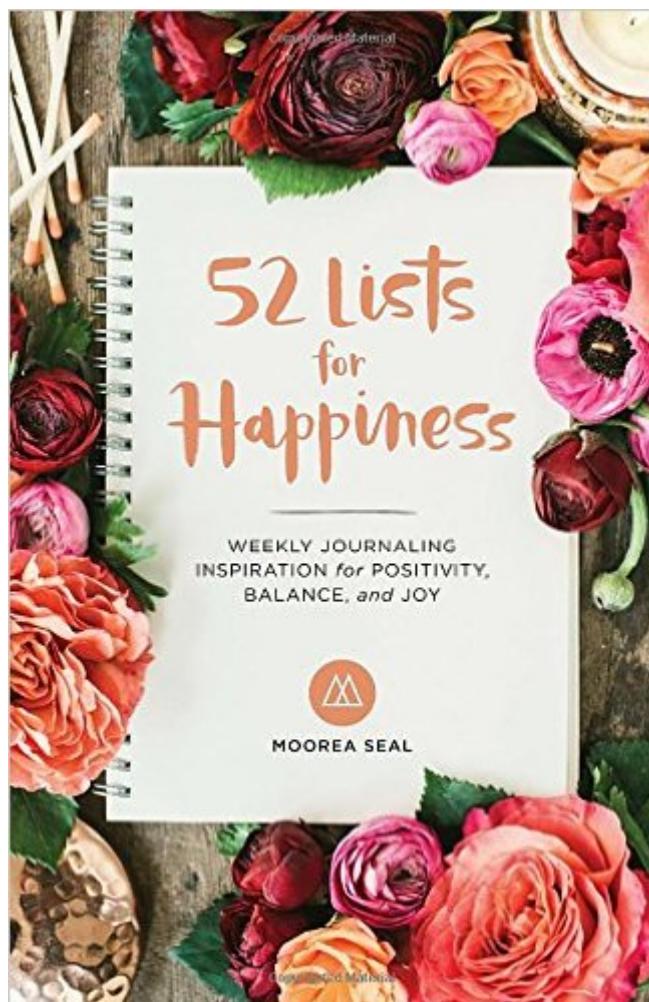


The book was found

# 52 Lists For Happiness: Weekly Journaling Inspiration For Positivity, Balance, And Joy



## Synopsis

Following her runaway hit The 52 Lists Project, social media maven Moorea Sealâ™s 52 Lists for Happiness will inspire existing fans and new journal readers to cultivate their own uniquely happy and fulfilling lives through the power of lists! Â Drawing on happiness research and her own personal philosophy, Moorea Seal creates an inspiring tool for list lovers everywhere to discover the keys to their own unique happiness and bring more joy and balance into their lives. This beautiful, undated hardcover journal with 52 listing prompts encourages readers to reflect, acknowledge, and invest in themselves, and ultimately transform their lives by figuring out exactly what makes them happy. Like Sealâ™s The 52 Lists Project, this keepsake journal comes in a luxurious package full of lush photography, charming illustrations, copper foil, and a lush red velvet ribbon.

## Book Information

Series: 52 Lists

Diary: 160 pages

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Shipping Weight: 14.9 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ See all reviewsÂ (2 customer reviews)

Best Sellers Rank: #2,853 in Books (See Top 100 in Books) #5 inÂ Books > Self-Help > Journal Writing #28 inÂ Books > Self-Help > Creativity #56 inÂ Books > Health, Fitness & Dieting > Mental Health > Happiness

## Customer Reviews

I have a copy of Ms.Seal's first journal book, The 52 Lists Project, and gave multiple copies to friends and family. I'm a social worker who appreciates the value of journaling, both for myself and for my patients. However, I personally struggle with lined, blank pages in narrative journals-What do I write? Do I write entries every day of what I had for breakfast? The "Meaning of Life"? How green the grass looked today?The 52 Lists for Happiness is even better than the first book. I have to wonder if Ms. Seal consulted peer-reviewed research on the subject of gratitude journals (evidence based for enhanced well-being in many populations). These lists also include suggestions for acting on what makes us happy, and putting positive action to positive thought is almost always a good

thing. I highly recommend it for yourself, and for gift-giving.

I'm so incredibly excited about this Journal! I bought three, with the intention of two being Christmas gifts for my daughters...and I couldn't wait that long! They are both very excited and appreciate the format that allows for prompts and action. And of course the beauty of the book! I'm looking forward to some active conversations over the questions that we fill out and love Moorea's intentions with her books.

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