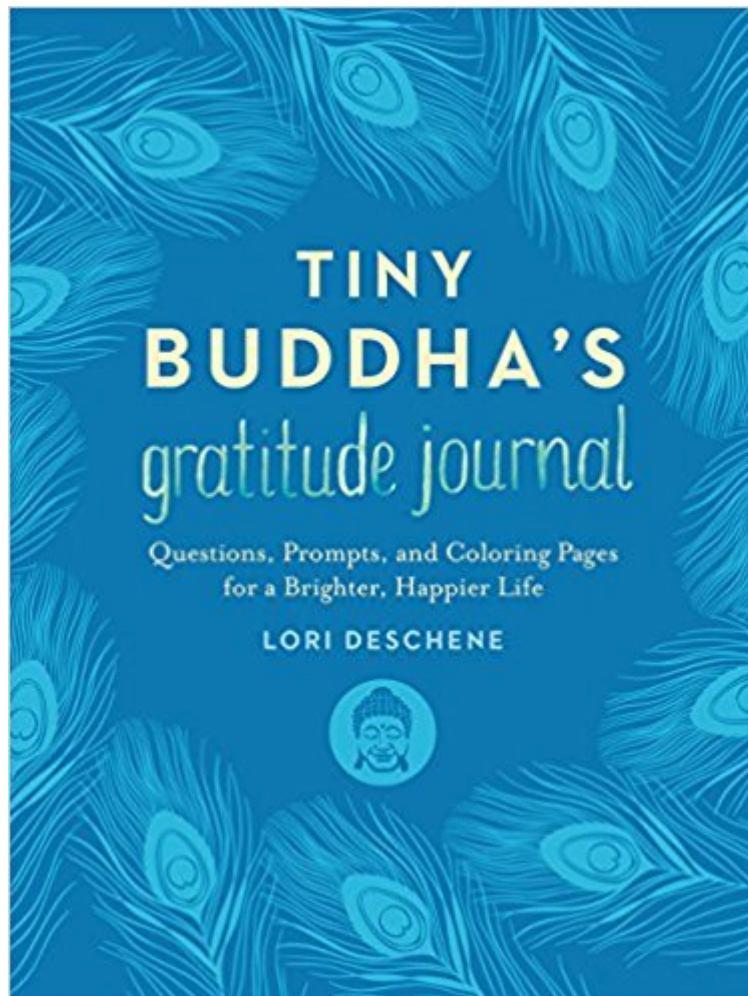




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# Tiny Buddha's Gratitude Journal: Questions, Prompts, And Coloring Pages For A Brighter, Happier Life



## Synopsis

From the author of *100 Tiny Buddha* and founder of the popular online community Tiny Buddha comes a flexibound interactive journal to help readers creatively foster gratitude in their daily lives. Even in the hardest of times, we have things to be grateful for. Lori Deschene, founder of TinyBuddha.com, helps us recognize these small blessings with this journal dedicated to thankfulness. Each page of *100 Tiny Buddha's Gratitude Journal* includes a question or prompt to help readers reflect on everything that's worth appreciating in their lives. Sprinkled throughout this soulful journal are fifteen coloring pages depicting ordinary, often overlooked objects that enhance our lives, with space for written reflection on the page. With *100 Tiny Buddha's Gratitude Journal*, readers will be able to recognize small blessings, focus on the positive, and foster optimism to help them be their best, happiest selves every day.

## Book Information

Hardcover: 160 pages

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Product Dimensions: 6 x 0.6 x 8 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 35 customer reviews

Best Sellers Rank: #14,541 in Books (See Top 100 in Books) #15 in *Books > Arts &*

*Photography > Drawing > Coloring Books for Grown-Ups > Religious & Inspirational* #31

in *Books > Self-Help > Art Therapy & Relaxation* #99 in *Books > Health, Fitness & Dieting*

*> Alternative Medicine > Meditation*

## Customer Reviews

"Fun, creative, and insightful, *100 Tiny Buddha's Gratitude Journal* will brighten your days and change your life!" (Karen Salmansohn, author of *Instant Happy* and *Instant Happy Journal*)

Practicing gratitude has been shown to increase happiness, make us more resilient, strengthen relationships, and reduce stress. *100 Tiny Buddha's Gratitude Journal* is an interactive way to

spark those elusive moments of gratitude and get us closer to being our best, happiest selves. Complete with thoughtful prompts and questions for reflection, as well as coloring pages depicting often under-appreciated moments, this journal is a daily, active reminder of all the things worth appreciating in our lives.

This is a great personal Journal, it asks questions that will get you thinking a little deeper about things that you may already be thinking about, but now you can write your feeling with a bit more depth, plus if you like to color, there are some really neat drawings, which I found very great for taking the time to color.

What a beautiful journal and the cover though! Wow. Thank you for putting together such a great product. I love your Tiny Buddha fb page and I am so happy to be able to get this. Thank you!

Excellent guide to realize what you are thankful for and what is important.

A great journal. Very thought provoking and reflective. Recommend.

I love all things Tiny Buddah. I glean a lot from this author.

I really enjoy this journal. The prompts are things we can all relate to. Some I can write about now and some I know I will be able to write about one day. The illustrations are fun and it is nice that we can color them in. Great book.

Awesome journal, my first ever! Great ideas and prompts to get me started!

Love it. High quality. Thank you.

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