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peaceful and relaxed life  
find long lasting  
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is the simple scientifically  
proven way to increase  
happiness and encourage  
greater joy love peace and  
optimism into our lives  
through easy practices  
such as keeping a daily  
gratitude journal writing  
letters of thanks and  
meditating on the good we  
have received we can  
improve our health and  
wellbeing enhance our  
relationships encourage  
healthy sleep and heighten  
feelings'

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factor that i fot to mention  
is that i m thankful for  
each and every one of you  
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book of kindness  
inspirational quotes and  
stories to inspire happiness  
hope and gratitude each  
month we recycle over 2 3  
million books saving over 12  
500 tonnes of books a year  
from going straight into  
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mindful peaceful and relaxed  
life find long lasting  
happiness with the little book  
of mindfulness contents 1  
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is the simple scientifically  
proven way to increase  
happiness and encourage  
greater joy love peace and  
optimism into our lives  
through easy practices  
such as keeping a daily  
gratitude journal writing  
letters of thanks and  
meditating on the good we  
have received we can  
improve our health and  
wellbeing enhance our  
relationships encourage  
healthy sleep and heighten  
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book of gratitude is an  
amazing resource for folks  
who want to be introduced  
to this subject as well as  
some of us who already  
practice and teach  
gratitude dr emmons gives  
us the research and  
provides related activities  
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increase our happiness  
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journal writing letters of  
thanks and meditating on  
the good we have received  
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introduced to this subject  
as well as some of us who  
already practice and teach  
gratitude dr emmons gives  
us the research and  
provides related activities  
things to do today to  
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proven way to increase  
happiness and encourage  
greater joy love peace and  
optimism into our lives  
through easy practices such  
as keeping a daily gratitude  
journal writing letters of  
thanks and meditating on the  
good we have received we  
can improve our health and  
wellbeing enhance our  
relationships encourage  
healthy sleep and heighten  
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through easy practices such  
as keeping a daily gratitude  
journal writing letters of  
thanks and meditating on the  
good we have received we  
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