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# Instant Happy Journal: 365 Days Of Inspiration, Gratitude, And Joy



## Synopsis

Brighten your day with this colorful journal from happiness expert Karen Salmansohn. Jam-packed with 365 "happiness prompters" including motivational quotes, scientific studies, and thought-provoking questions, this journal amps up your ability to notice (and create!) moments of joy and gratitude in your life "one day at a time.

## Book Information

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## Customer Reviews

I received this book from Blogging for Books in exchange for writing this review. All thoughts are my own and are not swayed by receiving a free copy of this book. So often in life, we tend to focus on the not-so-positive things. When I saw this book, Instant Happy Journal by Karen Salmansohn, as one of the options for my monthly reviews on Blogging for Books I decided to order it. I figured that when using this over the year, I would be able to mindfully add happiness to my life. Who couldn't use more happy in their life? This journal has daily happiness prompters to encourage you to reflect on those things in your day or life that bring joy, love, and happiness. I think we all get busy in the day to day life and sometimes forget to think about those things. These daily prompts help you focus on the positive, and that can change your whole outlook on life and benefit you in many ways. Karen says her mission in putting this journal together is: "To help you live your happiest life." (pg 1) She also says, "...you will train your brain to focus on where the most inspiration, gratitude and joy are to be found." (pg 2) I think that changing our focus to the happy aspects of life and ourselves is something that can benefit every one of us. We will have more joy in our life and want to share that joy with others. It's not hard to take 5 minutes each day to think of and write about the

daily prompts. A few of my favorite have been: "Every time you thought you couldn't keep moving forward, you did. Appreciate Your Strength", "Prioritize your life around kind, passionate people. Name-drop a few and why you adore them", and "The pain you feel today is the strength you feel tomorrow".

Karen Salmansohn is a great writer, a great coach, a great artist and an amazing inspirational guide. What she is, even more importantly, is real. You can feel that truth and up-front honesty in every word she writes. And that is what Karen teaches us -- how to be real, how to find real, how to choose real, and how to stay the heck away from any and everything that is not real, 'coz all-that-is-not-real only leads to heartache, lost time, and pain. You'd think this would be something we'd all have learned as kids -- how to find what's real -- but actually, what we've learned is how to buy bulls\*\*\*. And it's that acceptance of all-that-is-insincere that's had us doubting even ourselves to the point of second-guessing every choice we make. And in fact, it's that uncertainty about what is real and who is sincere that's had a lot of us making choices that have, frankly, screwed up portions of our lives, like our love life, our self-image, and even our relationship to simple things like food. Well, Karen's not havin' that. She's not havin' it in romance, at work, in friendships and at core: she's not havin' it with the most important thing of all -- our relationship with ourselves. You will immediately see this insistence on facts-up honesty in everything Karen writes and teaches. But you also see the fierce and loyal love that drives it all. And that's also what Karen teaches us: how to tell what's real and true and good, and how to love ourselves (and respect ourselves) so much that we say, "yes, please, I'll have all that good stuff" to whatever's wonderful, and "Oh, NO way!" to whatever is not. And, Karen is fun! She and her works are bright and witty. Sometimes, they are outright hilarious. And you know what?

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