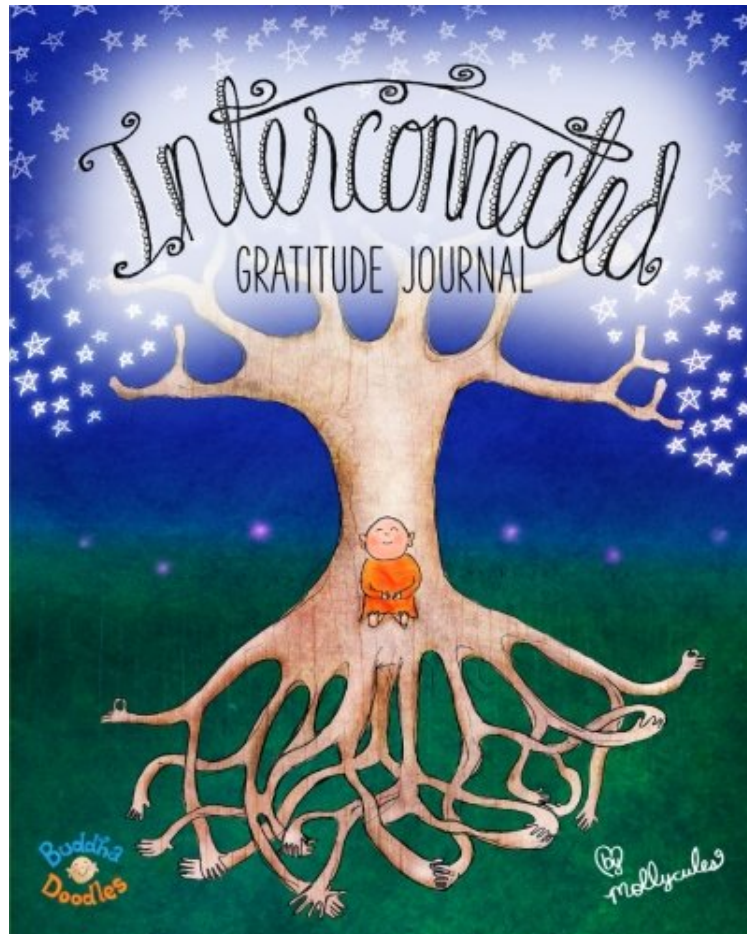


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Buddha Doodles Gratitude Journal: Interconnected (Buddha Doodles Gratitude Journals) (Volume 3)

Mollycules

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Mollycules : Buddha Doodles Gratitude Journal: Interconnected (Buddha Doodles Gratitude Journals) (Volume 3) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Buddha Doodles Gratitude Journal: Interconnected (Buddha Doodles Gratitude Journals) (Volume 3):

0 of 0 people found the following review helpful. Nice illustrations and quotes By Kris E. Bought 2 for my 78 year old granddaughters. Nice illustrations and quotes. The areas to write in are fairly small so with younger kids that tend to write bigger might run out of room before they complete their thoughts. 3 of 3 people found the following review helpful. Beautiful and Inspiring By Rebeca Ramirez Beautiful journal. Beautiful and inspiring illustrations. LOVE this gratitude journal :) 1 of 1 people found the following review helpful. Five Stars By J. Osborne The absolute best book! I use it every day for meditation and reflection.

Put positivity into practice! A few of the many benefits of a gratitude practice include feeling happier, less stress,

better sleep, and a reduction in negative emotions. Each page has a different Buddha Doodle with space to write what you're grateful for!

About the AuthorMollycules {Molly Hahn}, the creator of Buddha Doodles, is a spunky cartoonist with an appreciation for spirituality. 'Buddha Doodles' the comic started as a personal therapeutic practice for Molly in 2011. It quickly 'went viral' in social media and is received in over 101 countries.