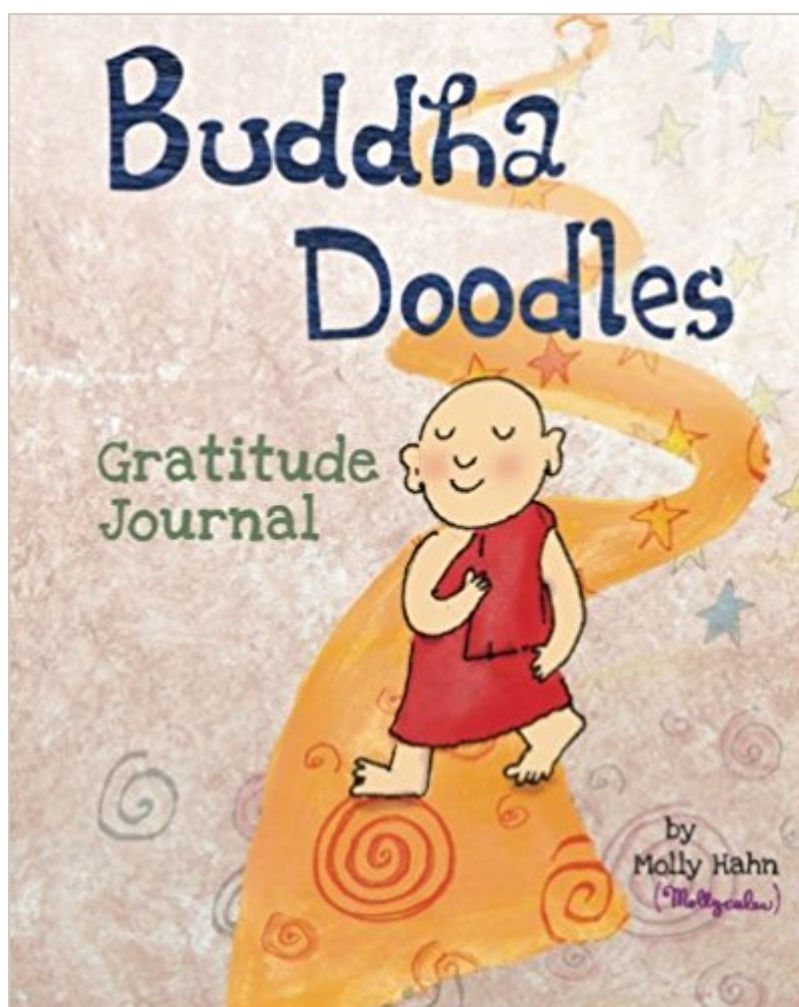


The book was found

Buddha Doodles Gratitude Journal



Synopsis

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. The Buddha Doodles Gratitude Journal was curated by the creator, Molly Hahn (Mollycules) and includes brand new doodles not published anywhere else. Each page has a different comic and a page to write what you are grateful for!

Book Information

Paperback: 102 pages

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Product Dimensions: 8 x 0.2 x 10 inches

Shipping Weight: 10.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (29 customer reviews)

Best Sellers Rank: #827,612 in Books (See Top 100 in Books) #77 inÂ Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Cities & Architecture #3866 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Meditation #8815 inÂ Books > Arts & Photography > Architecture

Customer Reviews

I've been keeping a gratitude journal for years, and this is my absolute favorite to date. I feel so happy and inspired just taking it out. I feel like it turbo charges my gratitude. Makes a geat gift!

Buddha Doodles Gratitude Journal is a delightful and inspiring way to count your blessings. The artwork is true Molly Hahn style and helps one find ways to be grateful for the simple things in life. Appropriate for all ages, I can see young children and the young at heart using this journal with joy.I have two so far and plan on purchasing more for friends in the near future. It really does help to take a few minutes each night to reflect on just 3 things you are grateful for. Imagine ending the day on a peaceful and positive note. And the artwork certainly helps if you need a little inspiration.The journal itself is well constructed and well laid out. It does help to use a pencil or ballpoint pen instead of heavier ink type pens. Mine has bled through a bit so I took the advice of switching to my regular ballpoint.Great for yourself or as a gift. I very highly recommend this journal.

I love Molly's Buddha Doodles and have the fortune to own some of her works as pieces in my home. Her gratitude journal is the perfect addition to my ongoing project of living a soulful, joyful, peaceful, and grateful life. I look forward to each day when I can discover which doodle awaits me, contemplate my day, and give thanks.

This little gratitude journal makes me happy in about 50 different ways - the colors, the wise sayings, the joyful Buddha - all of it. I keep it by my bed and write in it each night with different colored felt tipped flair pens bought just for this reason. It's the first time I've been able to keep up a gratitude journal! In fact, I bought two more (and two sets of colored flair pens) to give as gifts. This one won't sit on a shelf and get dusty - it will be used and loved and kept for good. Thank you, Molly, for creating something that is truly unique!

I have been searching for a journal that has a main focus and Gratitude is a great focus. I love the layout and doodles along with the quotes. I am buying one for my mom along with my 9 year old. I recommend this journal for all.

I LOVE - LOVE - LOVE my Buddha Doodles Gratitude Journal! I purchased one for myself and one as a gift and the recipient is just as head over heels in love with it as I am. Molly Hahn's Buddha Doodles are beauty-filled and whimsical inspiration. It's fabulous that through having the journal I'm able to view so many of the daily reminders in one place and reference back to them. I would highly recommend this as a gift for yourself or others you'd like to inspire and share gratitude with.

I pre-ordered this from Molly's site and just got it in the mail the other day. Not only are the pages filled with adorable drawings and inspirational quotes, it is an actual journal to write all you are grateful for-gratitude journal-what a great idea!

Having Molly's Buddha doodles vol 1 & 2 I knew that I would love this so I bought one for myself and 2 as gifts! Of course I was not disappointed! Absolutely beautiful! My gift recipients also were extremely pleased and raved about what a thoughtful gift it was. Let's be real, it is very easy to get caught up in the everyday. Having a gratitude journal helps you focus on the positive and let all the other stuff go. The doodles are just a great reminder to never take yourself too seriously.

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