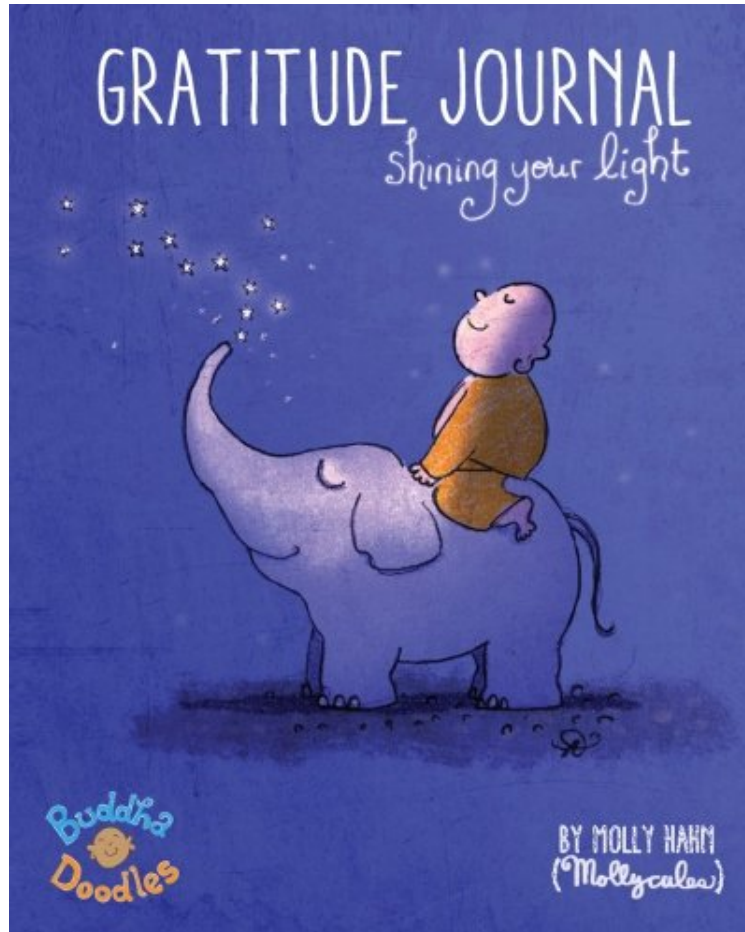


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## Buddha Doodles Gratitude Journal: Shining Your Light

*Molly Hahn*

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#103385 in Books Hahn Molly 2013-10-31 Format: Large Print Original language: English PDF # 1 10.00 x .24 x 8.00l, .49 #File Name: 0615905218102 pages Buddha Doodles Gratitude Journal Shining Your Light | File size: 45.Mb

**Molly Hahn : Buddha Doodles Gratitude Journal: Shining Your Light** before purchasing it in order to gage whether or not it would be worth my time, and all praised Buddha Doodles Gratitude Journal: Shining Your Light:

9 of 9 people found the following review helpful. My thought was that my 8 year old daughter might enjoy writing in this more than a typical journal or ...By S. Smith This journal is loaded with whimsical drawings, which is my main reason for purchasing. My thought was that my 8 year old daughter might enjoy writing in this more than a typical journal or ruled notebook. We do this as a mother and daughter activity right before going to bed. In addition to writing down 3 things for which we are grateful, we also write one random act of kindness that was done that day. This gets her to thinking about being kind and helping others. My only gripe, or rather, suggestion for improvement? That would be to make this book spiral bound, would make it so much more easier to write in. Other than that it is very wonderful and Mollycalee is a talented young woman! :) 4 of 4 people found the following review helpful. Powerful yet gentle reminder to be positive By Kris Paige Delightfully drawn, and it gives a positive light to even

horrid days. I got this to help me through some significant challenges. My focus was on the negative. With this, I can focus on the positive, even if it's the tiny things like a flower, breathing, the weather...and let go more easily of the negatives of pain, illness and loss. The daily reminder to think in a more mindful way is a powerful one. 0 of 0 people found the following review helpful. ... with whimsical illustrations and or positive quotes that will delight and inspire you to take a look around you ...By Angel wielonski This gratitude journal is truly one of a kind each page filled with whimsical illustrations and or positive quotes that will delight and inspire you to take a look around you and find the beauty in your own surroundings. I picked up my copy because it was recommended by the lovely Mrs. Rebekah Borucki in her soul cleanse. I am pairing it with her book You have 4 minutes to change your life which i also can not say enough about. Sure you could write three things down on a plain piece of notebook paper but this journal makes practicing the act of gratitude an experience to be grateful for in and of itself. This journal is a joy :)

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 Author Mollycules {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 appears regularly on the Huffington Post and Tiny Buddha.com.