

My on Purpose Planner: The Definitive Happy Journal (Paperback)

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Reviews

Very beneficial to any or all group of folks. I was able to comprehended everything using this composed e ebook. I am pleased to inform you that here is the finest publication i have study inside my individual daily life and might be he very best pdf for actually. (Brielle Hilpert)

MY ON PURPOSE PLANNER: THE DEFINITIVE HAPPY JOURNAL (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Combining her own remarkable triumphs over personal challenges, and the latest, cutting-edge scientific discoveries, Deirdre has created the laser-focused, life-changing: Powerhouse of Peace Self Mastery Program(TM) - of which the On Purpose Planner is a core component. Designed to help you to stay focused, this book will keep you on track, and moving forward in creating the life you want. By including scientific explanations of the effects of gratitude and happiness on the brain and body, this next level of gratitude journal unlocks your incentive and harnesses your motivation to take full advantage of it. Using it reinforces your Commitment to yourself, your Connection to your Inner Resource, and your ability to Create your own destiny. Part of The Powerhouse of Peace Self Mastery Program(TM).

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