



The Kindness Journal: 6 Minutes a Day to Your Happiest You (Paperback)

By Natasha Sharma

Life Begins Here Inc., 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. only kindness has the power to heal both you and me the moment it is unfolded - n.keerti We cannot be compassionate with others if we do not treat ourselves with kindness first. The Kindness Journal is a guided, interactive, and revolutionary tool designed to help you develop a practice of kindness - to yourself first and then to others - so you can create a lifetime of happiness through a lifestyle of compassion. Based on clear scientific principles behind the Psychology of Happiness, combined with the practical wisdom in Human Behavior gained from years as a therapist, Natasha offers you a beautiful space with this journal to reflect and refocus on the good in each day. Featuring simple, prompted daily entries that take only six minutes to complete, The Kindness Journal is an enriching way to end your day; to help you look back on it, channel positive events and emotions, and then make them last. It will encourage you to the conscious practice of both self-compassion and kindness to others - too often ignored in our busy and fast-paced lives...



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