



## **The Five Minute Journal: A Happier You in 5 Minutes a Day**

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# The Five Minute Journal: A Happier You in 5 Minutes a Day

*Intelligent Change Inc.*

**The Five Minute Journal: A Happier You in 5 Minutes a Day** Intelligent Change Inc.

**THE SIMPLEST WAY TO START YOUR DAY HAPPY** - Using the science of positive psychology to improve happiness, The Five Minute Journal focuses your attention on the good in your life. Improve your mental well-being and feel better every day.

**COMPLAIN LESS, APPRECIATE MORE** - The Five Minute Journal helps you cultivate gratitude. It changes how you feel, alters the actions you take, and therefore the results you will create...negativity be gone!

**FINALLY KEEP A JOURNAL** - With a simple structured format that takes just 5 minutes, The Five Minute Journal is simple, quick, and effective. Whatever your excuse for not keeping a journal is, this journal will eliminate them.

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