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Lessons in Joyful Living Gratitude Journal: It Doesn't Matter if the Glass is Half Empty or Half Full. It's About Learning to Be Grateful for the Damn Glass!

Kimberly Rinaldi

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Change your life in 3 easy steps.

You see, your thoughts create your beliefs, your beliefs create your behaviors and your behaviors create the world around you. When you begin a habit of gratitude, your world changes - your life changes. **Lessons in Joyful Living** founder, Success Coach and Breakthrough expert, Kimberly Rinaldi teaches that *it doesn't matter if the glass is half full or half empty. You have to learn to be grateful for the damn glass.*

With 3 easy steps, 365 inspirations and the promise of a better life, I urge you to try this gratitude practice. You will anchor the positive experiences of your past, recognize the need for gratitude in your present life, and from the inside out - ultimately build the ability to create and live the life you only dreamed of. Through a daily gratitude practice, you can Live-Joy-Fully.

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Karen Johnson:

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