



The Gratitude Journal & Yoga For Beginners Box Set: Learn How to Keep Gratitude Journal and Practice Yoga to find your Inner Peace (The Gratitude Journal, Yoga For Beginners, gratitude stories)

Angel Foster, Ruby Olson

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BOOK #1: The Gratitude Journal: 25 Tips and Suggestions How to Keep Gratitude Journal for Far More Happier, Fulfilled and Joyful Life

Are moments of anxiety, the feeling of being stuck, dreading getting out of bed, the sleepless nights filled with stressful thoughts overwhelming you? What if there was a simple thing you could do to help you rise above these moments? To smile at each day no matter how terrible your current situations are or to be able to bounce back from a devastating blow life throws at you? What if all you had to do is take a few minutes out of the day to write? You may be skeptical, but all you need is a notebook and a pen or pencil and you can begin to change your negativity into positivity.

Starting a gratitude journal could be the simple solution to rid you of the negativity and stress that is overtaking your life. These tips will guide you through the steps on how to find more happiness and joy in your life by simply making a note of the things that we find joy in, that we are grateful for.

25 Tips and Suggestion for Starting and Keeping a Gratitude Journal will focus on:

- The benefits of being grateful.
- How to be grateful for the simple things that surround you.
- How to turn your negative thoughts to positive ones.
- How to stop letting stress and disappointment hold you back from the life you want

BOOK #2: Yoga For Beginners: Yoga Poses and Tips for Happier Life. Learn How to find your Inner Peace, Diminish your Stress level and Heal your body while Practicing Yoga

Finding true relaxation within the parameters of a healthy form of exercise is like hitting the spiritual, emotional, and physical trifecta. Yoga For Beginners will take you in completely different place in your mind and challenge your body. Yoga is an ancient form of meditation and physical exertion that will help the mind as much as it will the soul.

Yoga For Beginners is a book that you won't be able to put down any time soon, and neither will you want to. Once you learn the basics, understand the philosophy of yoga, and the exercises therein, you'll feel stronger mentally and physically, you'll increase your confidence, and you will experience improved health, and your stress level will dramatically decrease - something that you and everyone around you will appreciate. Yoga For Beginners is a one-of-a-kind book, containing all of the information you'll need to use all of the resources that yoga brings. It is written in a down-to-earth manner that takes complex constructs of yoga and makes them simple to understand and to gain an understanding of how yoga works.

This book is designed with the beginner in mind, introducing you to the:

- Concept of yoga
- How to create a peace of mind
- Reduce your level of stress
- Heal your body

Getting Your FREE Bonus

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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Bobbie Burke:

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Chester Brown:

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