



Project Spasiba: Gratitude Journal (Paperback)

By Dahines Rajamanickam

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. Spasiba means thank you in Russian. This is a handy 100-page gratitude journal to carry with you wherever you go. Pages in this journal are versatile, you can make it last a whole year or you can make multiple entries in a day should you feel so. A daily practice of expressing gratitude has proven to be beneficial to our mental health, especially in the rapid world we live in now. Spend at least 5 minutes a day writing in this journal to be grounded to reality. You will quickly start to notice things that really matter to you. Journal also includes gentle positive reminders on every other page with an enso encircling it. In Zen Buddhism, an enso is a circle that is hand-drawn in one or two uninhibited brushstrokes to express a moment when the mind is free to let the body create. It is suitable for both adults and children. Buy it for yourself or your loved ones to kickstart a healthy habit.



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