



My Happiness Journal

By Jo Taylor

Dover Publications Inc., United States, 2016. Paperback. Book Condition: New. First Edition, First ed.. 279 x 210 mm. Language: English . Brand New Book. This book provides a creative, fun way for kids to explore all the best things about their lives. Chock-full of thought-provoking prompts that encourage a feel-good attitude, My Happiness Journal suggests drawing pictures of people who make you smile, making a list of movies that put you in a good mood, writing about a friend who makes you laugh, and other uplifting ideas.

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