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PDF-595f4 | Write happiness into every day and track the best things in your life with The Mood Booster Journal. With this journal you will create a book of happiness to help your wellbeing. Reflect and focus on how unique and special you are. The Mood Booster Journal will become the perfect 'cheer me up' book giving you the boost you need once in a while. Keep adding to the journal and soon it will be... *The Mood Booster Journal: Live - Capture - Flourish | A journal with prompts and a daily diary to help cultivate happiness and gratitude*

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