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This beautiful, updated hardcover journal with 52 listing prompts encourages readers to reflect, acknowledge, and invest in themselves, and ultimately transform their lives by figuring out exactly what makes them happy. Like Seal's The 52 Lists Project, this keepsake journal comes in a luxurious package full of lush photography, charming illustrations, copper foil, and a lush red velvet ribbon. 52 Lists for Happiness Weekly Journaling Inspiration for Positivity Balance and Joy.

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“An organized life is a Zen life, and this 52 Lists for Happiness makes for a great addition to any bedside table.” —Bustle “Powerful.” —425 Magazine “Buy it now.” —The Petite Mrs. “Not only is this journal an emotional and self-reflective treat, but it’s also a very visual and creatively-stimulating one!” —The Demure Muse

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Based on the popular blog series by Moorea Seal, this bestselling journal is for list lovers. Create 52 lists, one for every week of the year, that will help you discover the beauty, joy, creativity, and power you already have! This gorgeous undated journal of weekly lists will help nurture self-expression and self-development.

Amazon.com: The 52 Lists Project: A Year of Weekly ...

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