



## **52 Lists for Happiness: Weekly Journaling Inspiration for Positivity, Balance, and Joy**

*Moorea Seal*

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## 52 Lists for Happiness: Weekly Journaling Inspiration for Positivity, Balance, and Joy Moorea Seal

Following her runaway hit *The 52 Lists Project*, social media maven Moorea Seal's bestselling *52 Lists for Happiness* will inspire existing fans and new journal readers to cultivate their own uniquely happy and fulfilling lives through the power of lists!

Drawing on happiness research and her own personal philosophy, Moorea Seal creates an inspiring tool for list lovers everywhere to discover the keys to their own unique happiness and bring more joy and balance into their lives. This beautiful, undated 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 Details

Date : Published September 20th 2016 by Sasquatch Books

ISBN : 9781632170965

Author : Moorea Seal

Format : Diary 160 pages

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# **From Reader Review 52 Lists for Happiness: Weekly Journaling Inspiration for Positivity, Balance, and Joy for online ebook**

## **T.L. Cooper says**

I ordered 52 Lists for Happiness: Weekly Journaling Inspiration for Positivity Balance and Joy by Moorea Seal because I enjoyed her The 52 Lists Project: A Year of Weekly Journaling Inspiration. I wanted to keep exploring this idea of a weekly guided journal. 52 Lists for Happiness took on a different tenor for me though. I opted to do the lists every Sunday because I felt it would be a good way to start off the week. I had some struggles this year that sometimes made the lists hard to write and other times the lists cheered me up. Focusing on simple moments of happiness gave me an opportunity to remember the good in my life no matter what happened in the world around me.

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## **Brindi Michele says**

I liked this idea, and it can be easily replicated in a journal of your own making, but some of the lists I didn't care for. But, easily adaptable for future happiness journaling.

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## **Alicia says**

A fun way to expand your own journaling efforts and to set new goals.

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## **Sydney (?????) says**

This is a cute idea, that could definitely be replicated with any journal... you keep track of little things, one each week, and these things will help you keep happiness on the brain :) There a lot of ideas on the internet, so if this style doesn't suit you, just make your own.

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## **Brittany Busboom-Miller says**

I bought this as a gift for my Mom and think she will love it! She loves making lists and this will be a great way for her to easily capture her thoughts, memories, aspirations, dreams, goals, etc. in the coming year. I am also participating in the original 52 lists book for 2018 and it will be fun to share this journey with her and see what she writes for her weekly lists. I am excited to also have this as a journal for us to look back on together.

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## **Zara says**

So far it's such a lovely book with prompts for self exploration. It has really made me learn a lot about myself that I didn't even think of before and it's such a good way to be present and to learn more about how to make you happy and who you are.

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