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# Instant Happy Journal: 365 Days Of Inspiration, Gratitude, And Joy



## Synopsis

Jam-packed with 365 "happiness prompters," this colorful journal is sure to brighten your day. Each page features a specific intention, inspiring quote, surprising scientific fact, or thought-provoking question to ponder. When you approach your day with Salmansohn's "happiness prompters" in mind, you amp up your ability to notice (and create!) many more joyous moments in your day. But that's just half of what it takes to live a supremely happy life. This journal teaches the top two habits of happy people: to naturally set their intention to enjoy a happy day, then end the day reflecting on what made them happy. When you end your day writing about what went right, you further strengthen your happiness mindset. With fill-in dates so that you can write and reflect at your own pace, this little journal features a graphic design and fresh attitude perfect for today's modern happiness-seeker.

## Book Information

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Best Sellers Rank: #20,049 in Books (See Top 100 in Books) #29 in Books > Self-Help > Journal Writing #235 in Books > Health, Fitness & Dieting > Mental Health > Happiness #425 in Books > Self-Help > Motivational

## Customer Reviews

"Salmansohn reminds us that in life, we are in charge of our own destiny. We have the power to overcome through gratitude, humor and courage." — Tony Robbins, New York Times Bestselling Author "Karen is an expert on psychological research studies to help you not only recover from the tough times, but also bounce back to an even higher level than your previous bests." — Tim Ferriss, New York Times Bestselling Author "Karen packs a library's worth of proven insights into all she does. For anyone mired in the dumps or who just wants to live more joyfully — Karen's for you!" — Gretchen Rubin, New York Times Bestselling Author

“Karen’s writing is like Paxil without the side effects. If you’ve been sucker-punched by life (in other words, if you’re human), Karen gives you empowering, user-friendly tips to deal with it. The very act of reading her writing will make you feel happier.”- A.J. Jacobs, New York Times Bestselling Author “Salmansohn’s writing is bold, playful, insightful and with powerful metaphors that provoke and inspire. Her kinetic images amplify her message and take her books to a new level of literary experience.” Deepak Chopra, New York Times Bestselling Author “If you’re not happy with what you’re getting, maybe you need a whole new plan. Karen Salmansohn offers you one. Start now!” Seth Godin, New York Times Bestselling Author “Karen Salmansohn is a creative force of nature. I love her insights and relentless commitment to helping people live happy and successful lives. Her smart sense of humor and unusual metaphors make changing your life not only do-able but, totally fun. I simply adore her!” Marie Forleo, founder The B School “Salmansohn’s got sass and shine! Her work sparks people to wake up, and at the same time, gives the comfort of perennial wisdom – such a divine combo. Sass and shine, in the best packaging!” Danielle LaPorte “Life is full of surprise challenges and Karen Salmansohn offers informative research from the world of resiliency psychology to help ensure you bounce back from tough times stronger, better, happier!” Marci Shimoff, New York Times Bestselling Author “Salmansohn’s advice for regaining your footing after a life set back is smart, do-able and even fun.” Lucy S. Danziger, Editor-in-Chief, SELF Magazine “Karen Salmansohn is the high priestess of great attitude!” Marshall Goldsmith, New York Times Bestselling Author “Karen Salmansohn will lift your spirits at the same time, focus your path in the truths, challenges and opportunities found in everyday life.” Sharon Salzberg, co-founder of the Insight Meditation Society “Karen Salmansohn is a big brain in high heels.” Goldie Hawn, actress and founder The Hawn Foundation

KAREN SALMANSOHN is the best-selling author of more than 25 books with over 1 million copies sold. She has been a featured happiness expert on the Today show, The View, CNN, Fox News, Real Time with Bill Maher, and is an online columnist for Oprah, Psychology Today, AOL, and the Huffington Post. She and her work have been covered by the New York Times, Businessweek, Chicago Tribune, L.A. Times, Philadelphia Inquirer, Time, Marie Claire, Fast Company, InStyle, Self, Elle, and the New Yorker. Salmansohn has also worked as an image consultant for MTV, Nickelodeon, Oxygen Media, and L’Oreal and speaks on

how to increase happiness, creativity, and productivity, most recently in the TEDx talk, "Fun Is a High Performance Fuel."

I scoured looking for journals and out of all they have, I am happy to say that I am loving this one. I am so glad I chose to go with this journal. Some of the writing prompts really make you think and some make you laugh. Some are real simple, but gets thoughtful words out of you. It really is an instant happy journal, i found myself smiling while writing in certain prompts and it helps to get things off your chest which I know makes me happy. It is small enough that you can easily carry it with you, yet it still provides enough space to get your thoughts down. It leaves a blank space for the date at the top of each page, which I appreciate, because it didn't force me to start at a certain time. (That really might not matter to most, but I like writing in the dates myself) The pages are fun and I love that they include an attached ribbon bookmark so you don't have to flip through the pages until you find where you last stopped. I hope Karen Salmansohn is creative enough to come up with more versions of this journal that doesn't repeat all of the writing prompts in this one because I would purchase them all!

First, my favorite thing about this journal is that the dates aren't pre-filled in. You can write daily or you can do as I do, writing 3 or 4 days in a row, then not touching it for weeks. The prompts can be very challenging, but are always thought provoking. I do think that the title is stretching it a little. It can bring your mood up, but often it's definitely not a 'happy pill', but it does make you think which may put you on the trail back to happiness. I absolutely recommend it. Whether you're struggling with a mental illness/disorder, or you simply want a good journal with thoughtful, thought-provoking prompts, it's well worth it.

Purchased as a gift for my sister who wanted daily inspiration. This book is great it actually allows you to write your own inspirations by providing you a topic to start with. Usually starting is the hardest part and they took care of that. Well made book and will definitely hold up throughout the years

I've really enjoyed the writing prompts. It's a great way to be mindful/reflective and focus on the positives in life. Great way for channeling gratitude. I look forward to moments to write and reflect on the day. Sometimes it helps set a focus or intention for the day! I highly recommend it for busy people who need a gentle nudge to slow down to appreciate the small moments in life!

I came across this book in Homegoods the end of last year & I am so glad I did. I am a naturopathic doctor by profession and I have not only recommended this book to friends/family but also patients. Salmansohn combines the traditional gratitude journal with thought provoking statements and quotes. Each page contains a quote/thought provoking idea/statement and then space underneath for personal reflection. I love this book & am so glad I came across it!

Great little journal, I love that you can choose any topic, any page you want whenever you want, just put in the date.

This little journal is awesome use almost everyday, will need a new one soon. Love it

I love giving this book as a gift! We can all use a little more happy and gratitude in our lives!

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