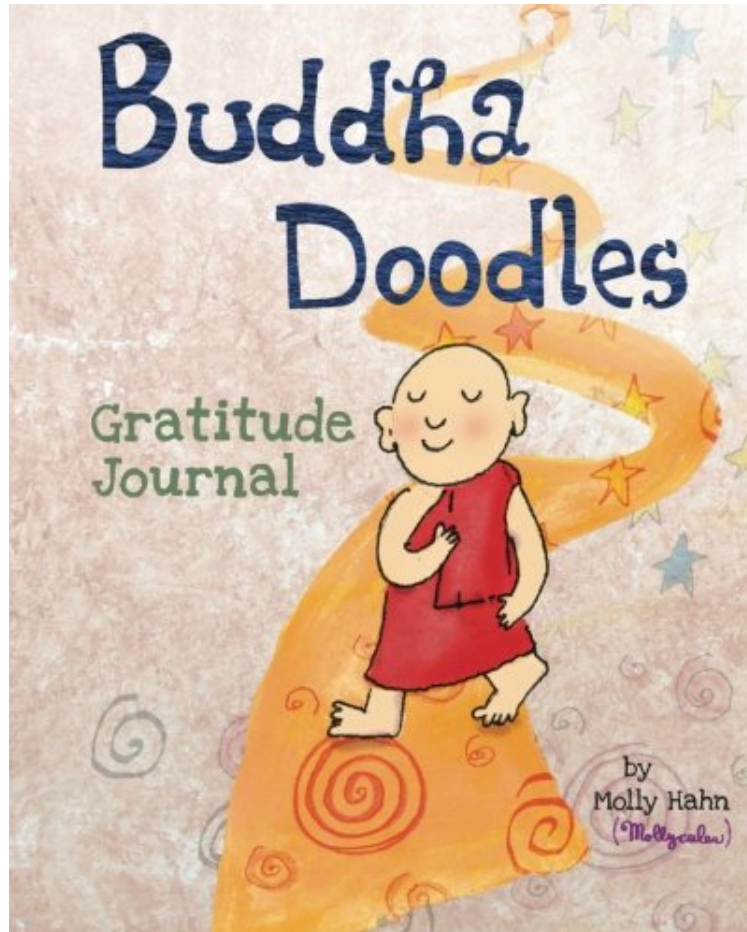


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## Buddha Doodles Gratitude Journal

Molly Hahn

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#904458 in Books Hahn Molly 2013-06-25Format: Large PrintOriginal language:EnglishPDF # 1 10.00 x .24 x 8.00l, .49 #File Name: 0615822053102 pagesBuddha Doodles Gratitude Journal | File size: 32.Mb

**Molly Hahn : Buddha Doodles Gratitude Journal** before purchasing it in order to gage whether or not it would be worth my time, and all praised Buddha Doodles Gratitude Journal:

15 of 16 people found the following review helpful. Delightful and Inspiring Gratitude Journal for all agesBy M. GebertBuddha Doodles Gratitude Journal is a delightful and inspiring way to count your blessings. The artwork is true Molly Hahn style and helps one find ways to be grateful for the simple things in life. Appropriate for all ages, I can see young children and the young at heart using this journal with joy.I have two so far and plan on purchasing more for friends in the near future. It really does help to take a few minutes each night to reflect on just 3 things you are grateful for. Imagine ending the day on a peaceful and positive note. And the artwork certainly helps if you need a little inspiration.The journal itself is well constructed and well laid out. It does help to use a pencil or ballpoint pen instead of heavier ink type pens. Mine has bled through a bit so I took the advice of switching to my regular ballpoint.Great for yourself or as a gift. I very highly recommend this journal.3 of 3 people found the following review helpful. Buddha Doodles Gratitude Journal: A Beautiful PracticeBy 108jessicaI LOVE, LOVE, LOVE my Buddha Doodles

Gratitude Journal. Each page has an inspiring and uplifting (and super cute, too!) Buddha Doodle where you can list three things for that which you are grateful; some are even exclusive to the journal and not published elsewhere! I am taking somewhat of a different approach to working with the journal. Instead of writing on each consecutive page, I pick a Doodle based off of how I am feeling and my energies for the day. When I focus on my blessings, expressing my thanks and gratitude, my day is richer and fuller as a result. This practice is effective at shifting you from a lower level energetic state to one of higher vibrations. I HIGHLY RECOMMEND! Thanks, Mollycules, for sharing your beautiful energy and inspiring others! Namaste.p.s. I had to order another for my husband!

Put positivity into practice! A few of the many benefits of a gratitude practice include feeling happier, less stress, better sleep, and a reduction in negative emotions. The Buddha Doodles Gratitude Journal was curated by the creator, Molly Hahn (Mollycules) and includes brand new doodles not published anywhere else. Each page has a different comic and a page to write what you are grateful for!

About the Author Molly Hahn (Mollycules) is a world-renowned illustrator and writer. She is best known for Buddha Doodles, which are whimsically illustrated affirmations featured on the Huffington Post. She also illustrated and authored the kids' books "Izzys Ukulele Adventure" (downloaded over 75,000 in iTunes), "All the Things I Can Do!", and "Under the Sneep Tree: The Wamboozling of a Village". When she's not in the studio, she's either eating a yummy brownie, drinking tea, hiking, running, dancing, hanging with her kitten and guinea pig, cuddling with her boyfriend, or planning her next delicious meal. :)