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unique happiness and bring more joy and balance into their lives.

52 Lists for Happiness – Moorea Seal

52 List of Happiness Weekly Journaling Book Review Are you ready to cultivate your own uniquely happy and fulfilling life through the power of lists? If Yes, then, The 52 Lists for Happiness by Moorea Seal is the perfect book for you. It is a weekly Journaling Inspiration for Positivity, Balance, and Joy.

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The 52 Lists Project – Moorea Seal

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.

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(PDF) 52 Lists for Happiness: Weekly Journaling ...
Our founder Moorea Seal has written another book! 52 Lists for Happiness is the follow-up journal to the best selling The 52 Lists Project, which was just featured on Oprah.com! Drawing on Moorea's happiness research and her own

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personal philosophy, her latest journal focusses on cultivating a happy and fulfilling life.

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52 Lists Ser.: 52 Lists for Happiness : Weekly Journaling ...
This undated journal with 52 listing prompts, one for every week of the year, encourages readers to reflect, invest in themselves and ultimately transform their lives by figuring out exactly what makes them happy and how to add more of that into their lives. Each section (Reflect, Acknowledge, Invest and Transform) includes 13 listing prompts.

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52 Lists for Happiness: Weekly... book by Moorea Seal
The 52 Lists Project is a journal of weekly lists that will help nurture self-expression and self-development - written and art directed by our founder, Moorea Seal! Each seasonal section includes list prompts, with plenty of space to write your own lists, and challenges to help you take action and make your dreams a reality.

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