



## **The Five Minute Journal: A Happier You in 5 Minutes a Day**



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"I start and end my day with The Five Minute Journal. It really only takes five minutes a day. I love it!" - Mimi Ikonn

The Five Minute Journal has been created by combining the proven elements of positive psychology that can make all of the difference in your life. **WHY YOU'LL LOVE THE FIVE MINUTE JOURNAL:**

1. It's the simplest, most effective thing you can do everyday to be happier. It's been proven over and over again that shifting your focus to the positive can dramatically improve your happiness. The key is consistency. With a positive quote every day, a weekly challenge and a structure to help you focus on what's good, you'll find The Five Minute Journal to be a great way to start and end the day.
2. It's built on proven principles on positive psychology. Somehow, it took psychologists as a community about 80 years or so to realize it's better to focus on the positive behavioural traits as opposed to depression, anxiety and perceptual disorders. This journal has been created by combining the practical elements that can make the difference in your life. You've been spared the hours and weeks of moving through dense academic jargon. It's all here. And it's been made easy.
3. It's a journal for people who don't write journals. If you're the kind of person who always wanted to write a journal, but life, excuses and email took precedence, look no further. The Five Minute Journal was designed for you. Whatever your excuse for not keeping a journal is, this notebook will eliminate them.
4. 100,000+ lives changed for the better

From New York Times bestselling author Tim Ferriss to entrepreneurs, doctors, fortune 500 employees, students, and people from all walks of life have been helped by The Five Minute Journal to start and end their day on the right foot.

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