



My Happiness Journal

Jo Taylor

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This book provides a creative, fun way for kids to explore all the best things about their lives. Chock-full of thought-provoking prompts that encourage a feel-good attitude, *My Happiness Journal* suggests drawing pictures of people who make you smile, making a list of movies that put you in a good mood, writing about a friend who makes you laugh, and other uplifting ideas.

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Carole Clark:

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Jake Harris:

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