



# Gravitate 2 Gratitude - Journal Your Journey: Begin Within

*Carolyn Flower*

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*"I highly recommend **Gravitate 2 Gratitude!** This book should become your guidebook to a successful life. Study this, implement the author's suggestions and watch your life flourish in the most beautiful ways. There isn't another book that is more complete than this one on the subject of gratitude."*

~ **Peggy McColl**, New York Times Best-Selling Author.

*"In **Gravitate 2 Gratitude** Carolyn Flower does more than teach us to celebrate the blessings of all life's experiences. She shares her own odyssey of gratitude with a candour that is both a healing and an inspiration. A must on any conscious journey of growth and awakening."*

~ **Mark David Gerson**, Best-Selling Author

## **Empower, Elevate, Support and Strength**

**Your daily mindset for success**

## **Inspire Yourself. Then... Inspire It Forward**

Are you ready to begin your journey towards transforming your life? With a willingness to change old thought patterns and habits, a new mindset will develop propelling you forward as your awareness of your limitless potential expands. **Gravitate 2 Gratitude** is an insightful and interactive Gratitude Journal. This creatively designed sacred space is yours to read, write (even colour) reflecting your unique spirit to paper; to witness your evolution and rejoice in your progress. This is your opportunity to summon your infinite positive energy and awake to the little things that often go unnoticed that enrich your life every day.

Carolyn shares insights and poignant personal experiences about how her gratitude practice has served as a brilliant life teacher and how intuitive lessons learned sparked opportunity for change, growth and transformation. She encourages her readers to explore their own healing journey of peace, grace, and self-discovery. We are often called upon to alter our course, and how we learn to re-navigate, adjust the sails and rise to the challenges of change is character-building and strengthens us for the journey ahead.

What if you could see your circumstances through a different lens? Be prepared to be amazed as you inspire yourself forward. **Gratitude is the memory of the heart. Gratitude is contagious.**

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