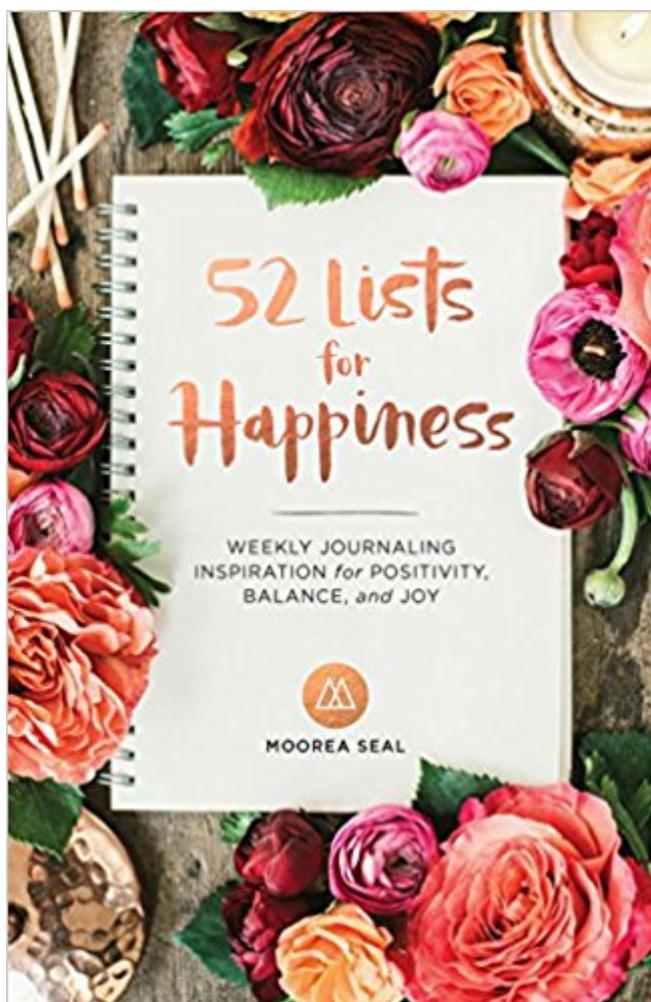


The book was found

52 Lists For Happiness: Weekly Journaling Inspiration For Positivity, Balance, And Joy



Synopsis

Following her runaway hit The 52 Lists Project, social media maven Moorea Seal's best-selling 52 Lists for Happiness will inspire existing fans and new journal readers to cultivate their own uniquely happy and fulfilling lives through the power of lists! Drawing on happiness research and her own personal philosophy, Moorea Seal creates an inspiring tool for list lovers everywhere to discover the keys to their own unique happiness and bring more joy and balance into their lives. This beautiful, undated hardcover journal with 52 listing prompts encourages readers to reflect, acknowledge, and invest in themselves, and ultimately transform their lives by figuring out exactly what makes them happy. Like Seal's The 52 Lists Project, this keepsake journal comes in a luxurious package full of lush photography, charming illustrations, copper foil, and a lush red velvet ribbon.

Book Information

Series: 52 Lists

Diary: 160 pages

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Best Sellers Rank: #2,632 in Books (See Top 100 in Books) #4 in Books > Self-Help > Journal Writing #6 in Books > Self-Help > Art Therapy & Relaxation #16 in Books > Self-Help > Creativity

Customer Reviews

"For many of us, hearing the word 'list' probably conjures up a visual of a familiar grocery or to-do list. But as it turns out, lists can be so much more. • Amy Poehler's Smart Girls "Foster self expression and personal development. • Etsy Trend Watch "The perfect mix of Oprah slash Ellen slash Mary-Kate and Ashley. • Seattle Magazine "Each of the list prompts in this pretty, hardcover journal promises to help you find the key to your happiness and bring more balance into your life." • Buzzfeed "[Moorea Seal] cultivates beauty from the inside out

Ã¢ ¸Ã·Ã¢ ¸ all while at the helm of a massive media empire.Ã¢ ¸Ã·Ã¢ ¸ ¸ LivinglyÃ¢ ¸ ¸“Stunning.Ã¢ ¸Ã·Ã¢ ¸ ¸ In the Cat CaveÃ¢ ¸ ¸“This little bookÃ¢ ¸Ã·Ã¢ ¸ has been my best friend this year.Ã¢ ¸Ã·Ã¢ ¸ ¸ Adjusting to AdulthoodÃ¢ ¸ ¸“Foster self expression and personal development.Ã¢ ¸Ã·Ã¢ ¸ ¸ Etsy Trend WatchÃ¢ ¸ ¸“YouÃ¢ ¸ ¸„¢re probably using to-do lists wrong.Ã¢ ¸Ã·Ã¢ ¸ ¸ [These lists] have incredible power beyond productivity.Ã¢ ¸Ã·Ã¢ ¸ ¸ Inc. “This journal encourages self awareness in 52 bite-size portions.”Ã¢ ¸Ã·Ã¢ ¸ ¸ Barnes & Noble BlogÃ¢ ¸ ¸“The prettiest positivity journal you’ll ever see.Ã¢ ¸Ã·Ã¢ ¸ ¸ BloguettesÃ¢ ¸ ¸“[Guides] readers along the path to joy.Ã¢ ¸Ã·Ã¢ ¸ ¸ The Seattle TimesÃ¢ ¸ ¸“Productive journaling.”Ã¢ ¸Ã·Ã¢ ¸ ¸ Fresh JessÃ¢ ¸ ¸“[Moorea Seal] providesÃ· the space to explore what supports, inspires and delights us.Ã¢ ¸Ã·Ã¢ ¸ ¸ Psych CentralÃ¢ ¸ ¸“[My] new favorite journal.Ã¢ ¸Ã·Ã¢ ¸ ¸ Story of My DressÃ¢ ¸ ¸“I’ve started opening [52 Lists for Happiness]Ã· up every morning with a cup of tea...to start my day off right.Ã¢ ¸Ã·Ã¢ ¸ ¸ Amanda FayeÃ¢ ¸ ¸“You will delve deeper into your own understanding of what happiness truly means to you as you explore how to live a happier life every day.Ã¢ ¸Ã·Ã¢ ¸ ¸ Seattle RefinedÃ¢ ¸ ¸“Inspiring.Ã¢ ¸Ã·Ã¢ ¸ ¸ An Emerald City LifeÃ¢ ¸ ¸“An organized life is a Zen life, and this 52 Lists for Happiness makes for a great addition to any bedside table.Ã¢ ¸Ã·Ã¢ ¸ ¸ BustleÃ¢ ¸ ¸“Powerful.Ã¢ ¸Ã·Ã¢ ¸ ¸ 425 MagazineÃ¢ ¸ ¸“Buy it now.Ã¢ ¸Ã·Ã¢ ¸ ¸ The Petite Mrs.Ã¢ ¸ ¸“Not only is this journal an emotional and self-reflective treat, but itÃ¢ ¸ ¸„¢s also a very visual and creatively-stimulating one!Ã¢ ¸Ã·Ã¢ ¸ ¸ The Demure MuseÃ¢ ¸ ¸“Absolutely love.Ã¢ ¸Ã·Ã¢ ¸ ¸ MSN LifestyleÃ¢ ¸ ¸“Bloom.Ã¢ ¸Ã·Ã¢ ¸ ¸ PopsugarÃ¢ ¸ ¸“For nurturingÃ· a more introspectiveÃ· a viewÃ· a on life.Ã¢ ¸Ã·Ã¢ ¸ ¸ Diary of a DebutanteÃ¢ ¸ ¸“We all want to be happy. And coincidentally, making lists makes me happy.Ã¢ ¸Ã·Ã¢ ¸ ¸ The Triplet FarmÃ¢ ¸ ¸“Uplifting.Ã¢ ¸Ã·Ã¢ ¸ ¸ La Vie Ann RoseÃ· A·Ã¢ ¸ ¸“If you’re a fan of lists, diaries, or New Year’s resolutions, you’ll love this journal filled with prompts based on happiness research.Ã¢ ¸Ã·Ã¢ ¸ ¸ ShapeÃ¢ ¸ ¸“Feel happier and more optimistic.Ã¢ ¸Ã·Ã¢ ¸ ¸ Bella MagazineÃ¢ ¸ ¸“Ahh-maze-ing.Ã¢ ¸Ã·Ã¢ ¸ ¸ BridesÃ¢ ¸ ¸“For the lucky people on your gift list.Ã¢ ¸Ã·Ã¢ ¸ ¸ Seattle MetÃ¢ ¸ ¸“For the dreamer.Ã¢ ¸Ã·Ã¢ ¸ ¸ Desiree HartstockÃ¢ ¸ ¸“Great for those who are at a crossroads.Ã¢ ¸Ã·Ã¢ ¸ ¸ Coffee Cake and CardioÃ¢ ¸ ¸“My favorite.Ã¢ ¸Ã·Ã¢ ¸ ¸ Bigger Than the Three of UsÃ¢ ¸ ¸“Focus on the good.Ã¢ ¸Ã·Ã¢ ¸ ¸ ClassPassÃ¢ ¸ ¸“For more balance and Zen.Ã¢ ¸Ã·Ã¢ ¸ ¸ My Frugal AdventuresÃ¢ ¸ ¸“Loving this.Ã¢ ¸Ã·Ã¢ ¸ ¸ Sarah TuckerÃ¢ ¸ ¸“My favorite!Ã¢ ¸Ã·Ã¢ ¸ ¸ The Dainty BoutiqueÃ¢ ¸ ¸“[How] I snap out of a

funk. •Greatest Escapist "Practice being more optimistic. •Sweet Helen Grace "Reflect, acknowledge, and invest in yourself. •A Style Book "Infuse art, intuition, and joy into every day. •Barre3 "Personal. •Ava Lately "The simple things in life. •Odyssey "Gets you journaling each week. •Sweet Violet Beauty "Brighten dark days. •The Blog Market "[Will] help you focus on the things in life that bring you the most joy. •Best Products "Just in time for the start of a new year. •Bisouselle "We all could use more happy. •Not Without Salt "How to live a happier life every day. •Secret of My Dress "Really great. •NYC Recessionista "Daily devotional. •Preview "Daily reminders and activities to focus on the beauty of life. •TrialsnTresses "List [your] way to happiness. •A Little Leopard "The gift of writing. •The Street "For the ladies in your life. •Defined Designs "Awe-inspiring (never cheesy) prompts and gorgeous photography | Perfect for the New Year's Resolution junkie! •Dearie Lovie "Take action and live a more inspiring and fulfilling life. •Andrea Crowder Fitness "Everyone deserves to be happy! •Broke & Fabulous "Quick, easy and fun. •Chiara Corner "[For the] list lover. •PR Couture "Your happiest year yet. •Inc. "The power of lists. •Books for Better Living "If 52 Lists for Happiness is anything like it, precursor, The 52 Lists Project it, sure to become a fun part of my year. •Art & Whimsy "Moorea Seal speaks so beautifully about pushing happiness to the top of the list. •Ruthie & Rose "If you're a fan of making lists, you'll love writing in this book. •The Blissful Mind "A tool for creating a more joyful life. •Yoga by Candace "The book helps you generate a ton of lists, all pointing toward joy and thankfulness. And the cover is gorgeous! •Michaella Noelle Designs "I love this journal, I am only three weeks in and I am already finding a lot of benefit in it. •Glitter Bug "I LOVE that thing! It's been such a fun relaxing thing to work on. •Everyday Reading "Lately I've been finding small ways to keep my sanity and the 52 Lists for Happiness journal has been one of them. Having time to reflect has been very eye opening. •Medicine in Michigan "This list-style journal encourages you to reflect, acknowledge, and invest in yourself, and ultimately transform your life by figuring out exactly what makes

youÃ Â happy."Ã Â Ã Â Ã Â Ã¢ ¬â •Vivid Gift Ideas Ã¢ ¬Å"This weekly journal will help you reflect on your life and learn to invest in you.Ã¢ ¬Â•Ã Â Ã Â Ã¢ ¬â •Girls' LifeÃ Â Ã¢ ¬Å"52 Lists for HappinessÃ¢ ¬Â|Ã Â will help you reset your energy and attitude by focusing on the happiness already present in your life.Ã¢ ¬Â•Ã Â Ã¢ ¬â •Bustle"I have really enjoyed filling out this book and being reminded of all the things that truly bring me happiness."Ã Â Ã Â Ã¢ ¬â •Katie's Kronicles"I have this and use it weekly. ItÃ¢ ¬â,,çs aestheticallyÃ Â beautiful and super inspiring."Ã Â Ã Â Ã¢ ¬â •Sincerely Laura LeighÃ¢ ¬Å"An inspiring listography book.Ã¢ ¬Â•Ã Â Ã Â Ã¢ ¬â •Curated Collective"ThereÃ¢ ¬â,,çs a reason list-style journals have become so popularÃ Â recently.Ã Â They help us get our thoughts out in the openÃ¢ ¬Â|likeÃ Â 52 Lists for Happiness"Ã Â Ã Â Ã Â Ã¢ ¬â •Metro UK"It's making me seriously consider how I spend my time and how I can better tune in to what brings me true happiness."Ã¢ ¬â •Orchid Grey"IÃ¢ ¬â,,çm working to pour into my own soul rather than deplete my energyÃ¢ ¬Â| suggestions includeÃ¢ ¬Â| 52 Lists for Happiness."Ã Â Ã¢ ¬â •White Sugar, Brown Sugar"YouÃ¢ ¬â,,çll be reminded about the sources of joy in your life that you have at your disposal at all times, and youÃ¢ ¬â,,çll be encouraged to tap into them more regularly."Ã Â Ã¢ ¬â •Hope + Cents"I love that all of these lists help me to focus on the positive in my life as well as simplifying and prioritizing my time."Ã¢ ¬â •Book Nerd Mommy"ItÃ¢ ¬â,,çs about cultivating self-joy through the pages that you will fill with what makes you uniquely happy in life."Ã¢ ¬â •Cliche Magazine"Journaling can be very therapeutic and a great way to wind down after a hard dayÃ¢ ¬Â| If you need some help getting started, theÃ Â 52 Lists for Happiness journalÃ Â is a great way to get started when you need a little guidance."Ã Â Ã¢ ¬â •Busy Mommy Media"Amazing little journal."Ã¢ ¬â •Everyday Reading"It's changed my outlook on life in just a few weeks, and I actually look forward to Sunday nights now knowing I get to fill out a new list and reflect."Ã¢ ¬â •Dear Serendipity"I love that this is a quick weekly task rather than a daily one, and it helps you to really think of what makes you happy."Ã¢ ¬â •Over The Top Ma"This journal will open up new avenues of self-knowledge and help you celebrate, enjoy, and take ownership of your life."Ã Â Ã¢ ¬â •Bustle"Contain[s] unique and interactive journal prompts that keep you engaged."Ã Â Ã¢ ¬â •The Healthful Model" [An] inspirational book!"Ã¢ ¬â •Lady Boss Mindset"IÃ¢ ¬â,,çm totally in love with Moorea SealÃ¢ ¬â,,çs latest journal. ItÃ¢ ¬â,,çs the perfect place to jot down happy thoughts before I go to sleep each night."Ã Â Ã¢ ¬â •Lindsay LivingÃ Â "Inspire[s] positive thinking and keep[s] you centered."Ã¢ ¬â •Beauty and Well Being"This beautiful hardcover journal with 52 listing prompts encourages reflection and investment in oneself."Ã¢ ¬â •Hello Glow"I love this little journal so much because itÃ¢ ¬â,,çs a no pressure

journal. If you're in a journaling rut, this is the perfect way to get writing again with creativity training wheels."•Enjoying the Small Things" There are great journal prompts in this book and short excerpts to read. If you haven't flipped through one of these little journals then you're missing out!"•The Felicia Renee" Love the beautiful photography in this book and the journal prompts to get you writing and focusing on the beauty in your life!"•Kate Moving Forward"[This book] is great for reflecting on things and having them down on paper. If your mom is the type to keep track and journal, or you think she might benefit from that, it's a beautiful gift to give."•The Mama Resource" Some gifts do stand out above the rest."•Also Known As Mama" I neeeeeeed [this book]!"•Just Being Divine" I'm craving [this book] right now."•Pretty and Fun" As thoughtful as it gets. Plus, we love the floral cover art!"•Seattle Met Online" It's so easy to get wrapped up in life and forget to take a moment to appreciate what you have. With 52 Lists for Happiness, I always find time to remember the simple things that help me find joy in my busy life."•College Fashion" It's a lovely gift, not just for those who have anxiety—the book seeks to inspire and uplift you."•Little Tin Soldier" 52 Lists for Happiness will inspire existing fans and new journal readers to cultivate their own uniquely happy and fulfilling lives through the power of lists!"•May Your Shine" It's really about helping you discover the things that make you happy so you can start doing more of that in your life."•Fox 2 news" Writing lists and journaling appeal to a Virgo's analytical side, making this happiness journal—which has weekly lists for self-reflection—as close to a perfect gift as you can get."•Glamour

Moorea Seal is a Seattle-based retailer, designer, author, and online curator. Through her fashion and lifestyle brand, also named Moorea Seal, she gives back 7 percent of all proceeds to nonprofits.

I have a copy of Ms. Seal's first journal book, The 52 Lists Project, and gave multiple copies to friends and family. I'm a social worker who appreciates the value of journaling, both for myself and for my patients. However, I personally struggle with lined, blank pages in narrative journals—What do I write? Do I write entries every day of what I had for breakfast? The "Meaning of Life"? How green the grass looked today? The 52 Lists for Happiness is even better than the first book. I have to wonder if Ms. Seal consulted peer-reviewed research on the subject of gratitude journals (evidence based for enhanced well-being in many populations). These lists also include suggestions for acting

on what makes us happy, and putting positive action to positive thought is almost always a good thing. I highly recommend it for yourself, and for gift-giving.

List of what to love about this book:^{*} appealing and sturdy cover^{*} positive focus on happiness - any time we are thinking about happiness and what makes us happy, we are not worrying or entertaining negative thoughts. It's better for our mental and physical health. Some believe what we think about, we attract into our lives. So, this book encourages and supports habits to think happy!^{*} a year of weekly journaling inspiration divided into 52 lists - do a list a week and add to it daily, spend time pondering it^{*} action prompt at the end of each list - you can take action and change your life based upon the list^{*} lists prompt self-discovery and fun activities^{*} option to join others via hashtag #52HappyLists regarding their list project^{*} these lists could be a resource for a classroom, creative writing class, or support group^{*} lots of room to write on lined paper with two pages for each list^{*} makes for a thoughtful gift^{*} soft deep red velvet ribbon to mark where you areThe list book is divided into four sections: reflect, acknowledge, invest and transform. This would be great for seasons of the year. Then under each of these themes are list topics. Some of my favorites list topics under Reflect: list the things you are really good at; list the best choices you have made in your life so far; list the greatest compliments and encouragement you have been given; list the things you like to do that don't involve technologyList topics I like under Acknowledge: list the simple ways you enjoy being kind to others; list the times when you felt like you made a difference in someone else's life; list the best opportunities that others have given you throughout your life; list the things about yourself you don't need to change.List topics I like under Invest: list the compliments you want to give to others; list the things you're curious about; list the happiest and funniest stories you've heard latelyList topics I like under Transform: list some images that make you happy; list the things, people and experiences you want to say yes to; list one achievement big or small, every day this week. So, that gives you an idea of the kinds of list topics included. Of course, you'll find your own which especially appeal to you. One can see how these topics are going to reveal patterns of activities, people, things which make you happy and by doing the lists you will find more ways to include these in your life.

I like it, but it wasn't as helpful as I want hoping. I have seen better journals like this. But it is a good starting off point.

I can't

I recommend this book to anyone who could use a little more happiness in life. It's a really good little book.

I purchased this book to help me stay more positive. I am so glad that I did. This book is beautifully and simply done. From the easy to follow list to the floral pages. It's hardback and even includes a sturdy piece of velvet to use as a bookmark.

This book is the greatest! Hardest part is not filling it all out in one day ;)

I've loved the reflection and introspection this journal has brought me. First of all, the book is gorgeous and looks great on a coffee table, on a nightstand, or as part of a decorative tray on a table or bed. It makes me happy just to look at it. The lists are thoughtful and the segmentation throughout the journal and 'year' really helps isolate what makes you happy, what else could make you happy, and how we can achieve these big and small happinesses in our days, weeks, months, and years. I combine this weekly journaling with my nightlyÃ Q&A a Day: 5-Year JournalÃ and enjoy it very much.

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