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offers insight via uplifting, inspirational quotes and gives women a place to record their daily moments of gratitude. Through daily practice, this journal can help you embrace everyday epiphanies: profound moments of awe that forever alter your experience of the world.

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1996 as a companion to
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Abundance, this ground-
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by bestselling author
Sarah Ban Breathnach
introduced the now
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of the best proven, and

simplest methods of

bringing more happiness

into your life.This

journal challenges you

to write 4 new things

each day, that you're

grateful for.

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In addition to SIMPLE
ABUNDANCE, Sarah
Ban Breathnach is the
author of THE SIMPLE
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JOURNAL OF
GRATITUDE,
SOMETHING MORE,
and MRS. SHARP'S

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TRADITIONS. She has an upcoming book, PEACE AND PLENTY, due out in Fall 2010.

She currently resides in Lincolnshire, England, with her husband.

Please visit her website at www.simpleabundance.com.

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and Joy: Breathnach ...

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Journal of Gratitude

Hardcover £ 5

November 1996 by

Sarah Ban Breathnach

(Author)

The Simple Abundance

Journal of Gratitude:

Ban Breathnach ...

The Journal is divided

into days and months

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with five lines provided for each day's review of things to be grateful for. There is a whole page for reflection at each month's end. It is elegantly simple, with quotes from the famous as well as the author that stimulate the process of appreciation for things large and small.

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Originally published in

1996, this beautiful

journal, which Oprah

Winfrey referred to as

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Providing women with a
place to record their

daily moments of

gratitude while also

offering insight via

inspirational quotes, this

ground-breaking journal

created by bestselling

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Breathnach introduced

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Simple Abundance

shows you how your
daily. With the grace of
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Lindbergh's Gift From
the Sea and the wisdom
of M. Scott Peck's The
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Simple Abundance is a book of 366 evocative essays - one for every day of your year -

written for women who wish to live by their own lights. In the past a woman's spirituality has been seperated from her lifestyle.

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and Joy by Sarah ...

Ban Breathnach was also the first author in the history of the Wall Street Journal's list of best-selling books, to appear in both the number one (Simple Abundance) and number two (The Simple Abundance Journal of Gratitude) slots.

Breathnach was born Sarah Crean in

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Sarah
Ban Breathnach

Westbury, New York.

Her first ambition was to become an actress and at age 25 she moved to London to pursue this career while working as a secretary.

Sarah Ban Breathnach -
Wikipedia

In addition to Simple
Abundance, Sarah Ban
Breathnach is the author

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More and Peace and

Plenty. She currently

resides in Southern

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Abundance provides women with a place to record their daily moments of gratitude while offering them insight via inspirational quotes.

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the creator of The
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quiet joys, simple pleasures, and well-spent moments. Sarah reminds us to search with appreciation and awe for the small and the sweet in our daily lives.

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