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One Year Wiser: A Gratitude Journal

Mike Medaglia

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One Year Wiser and *One Year Wiser: The Coloring Book* have been widely acclaimed. Now, Mike Medaglia brings you *One Year Wiser: A Gratitude Journal* to help you record what you're grateful for every day of the year. To get started, turn to page one, enter today's and tomorrow's dates on the page's top and bottom entries, and start being thankful for all the good in your life.

Each beautifully illustrated page has a space for two days, and there are prompts to guide you through ways to feel gratitude throughout the year. At the end of every month, you can color in a beautiful drawing by Medaglia—complete with an inspirational quote—to help you to meditate on the month gone by.

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