

Share This Journal is a first of its kind book designed to encourage and document acts of kindness. Until now, those who perform kind acts were left to wonder if their act made an impact, who it touched and in what way. Share This Journal is designed to provide the giver of kindness just that.

Here's how it's done:

After purchasing a copy of Share This Journal, the owner of the journal records his or her name inside along with whatever contact information he or she is willing to share. He or she then performs an act of kindness, describes the act inside and gives the recipient of his or her kindness the journal. That person then describes his or her reaction, performs his or her own act for another person, records it and passes the journal along. The journal is intended to follow 26 acts of kindness with the final act being to contact the original journal owner and return the completed journal, thus completing the loop and allowing the originator to learn of who was impacted and in what way by the chain of kindness he or she started.

The book additionally allows for the journal owner to dedicate the journal in memory of someone, in honor of someone or to celebrate an event. Journals have been sent out with kindness in response to someone's passing or to generate goodness with the thought of someone's healing in mind. The journals can be passed along to someone you meet, left with a gift (gift card, cash, etc.) inside in a public place such as on a train or on a coffee shop table and even become an annual holiday tradition with the journal being kept amongst family members.

The associated website, [www.ShareThisJournal.com](http://www.ShareThisJournal.com), is membership based and allows journal owners to create profiles and groups for their books and record their profile name and group inside, allowing for those in the chain of kindness to report in on the progress of the journal.

The book was co-created by Amy Gopel and Keryl Pesce, who dub themselves as "Partners in Kind."

The idea for Share This Journal came about when Amy, in response to the caring of and loss of her father in law, wanted to demonstrate to her young daughter the power of a chosen response to adversity – particularly, the power of kindness. The day of the funeral, Amy gathered her daughter and her friends together, disassembled the funeral arrangements and went out into the community to randomly gift the flowers away. At one point, they encountered a woman who was crying after receiving the flowers. The woman shared she had just lost a son and had asked for a sign that he was okay. The next thing she knew, a young girl handed her flowers. The moment was so profound for Amy and the girls, Amy wanted a way to encourage and capture the experience for others and that was when the concept for Share This Journal was born.

Share This Journal is available for sale on Amazon.com for \$12.95 or on [www.ShareThisJournal.com](http://www.ShareThisJournal.com) at a discount in sets of 12 which include corresponding bookmarks.

### Author Bios

Amy Gopel is a wife and mother who guides her daily choices through the eyes of kindness.

Keryl Pesce is a happiness expert, author and inspirational speaker.