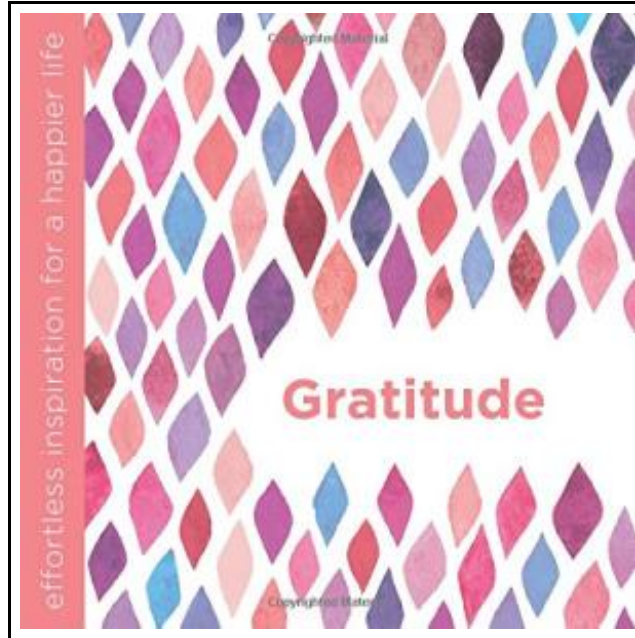


Gratitude (Paperback)



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Reviews

This book is definitely not effortless to start on reading through but extremely fun to learn. Better then never, though i am quite late in start reading this one. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Aliya Franecki)

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Watkins Media, United Kingdom, 2016. Paperback. Book Condition: New. 147 x 147 mm. Language: English . Brand New Book. Cultivating gratitude doesn't cost any money and doesn't take much time, but the benefits can be enormous, helping you focus on what you have rather than what you don't: friends and family, positive personal qualities, your surroundings, a healthy body, a vibrant mind, and the list goes on. Perfect as either a gift or self-purchase, this lovely little book features 18 inspirational quotes on the theme of gratitude, each one followed by an insightful explanation, a thought-provoking activity or question, and a memorable affirmation - all intended to inspire readers to think about gratitude in a fresh way as well as encouraging them to incorporate it into their everyday lives. Research has shown that grateful people tend to be more relaxed, less envious, more humble, more emotionally resilient, less materialistic, with increased energy, self-esteem and productivity, and stronger relationships. What's more, when children see a thankful parent, they are more likely to become thankful children. With its appealing design, uplifting content and friendly tone, this discerning little book on gratitude provides beautiful, bite-sized inspiration for people around the world to feel more grateful, contented and at peace in life.



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