



Gratitude: Feel Grateful Today and Every Day (Personal Growth)

Claire Shannon

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Just about any success teacher will tell you that gratitude is the most powerful human emotion.

This book will help you to find reasons to be grateful for the things and experiences you have, and to find new ways to experience gratitude every day of your life.

Too often, we go through life on autopilot. We take for granted the things that we have and fail to appreciate so many of the things we have. Each of us has countless things for which we can be grateful, if only we take the time to recognize them. This book will help you to do that.

Every day, we must take at least a few moments to be grateful for all of the wonderful blessings that we have. The more we do so, the easier it will be for us to appreciate all of the amazing things that we encounter each day. **Gratitude is the path to happiness.**

It has been said that you will never be happy with what you get until you're happy with what you have. Let that sink in...

I am grateful that you found this book and are taking the time to read this description. I'm grateful for having had the time and the opportunity to write it. I'm grateful for the chance to help you and other readers significantly improve the quality of your lives through the immense power of gratitude.

Every day we have a choice to make: we can be grateful for what we have or covetous of that which we don't have.

Whether we have a lot or a little, *that choice is our own*, and we should be grateful for the opportunity to make it. We should also take the opportunity to make the most of that choice by going with the option that will make us happier, healthier, and more fulfilled in every aspect of our lives.

It's a common misconception that "too much gratitude" demotivates people. **Nothing could be further from the truth!** Gratitude puts us in a mental state that gives us the best opportunity to function at maximum capacity, helps us to recognize all of the resources that we have at our disposal, and, when practiced in such a

way that we find gratitude in all things, gives us the chance to consistently find opportunity where others find lack.

In this book, you will learn:

- That gratitude is essential to our happiness and our success;
- How to find ways to be grateful in difficult situations;
- How to focus on what you have rather than what you don't have;
- Ways to examine your life to find people, things, and experiences for which you can be grateful;
- Exercises you can do to increase your feeling of gratitude **today**;
- Methods to look for new things for which you can be grateful every day of your life.

Thank you for reading this book description. I am grateful for the opportunity to help you improve your life, and wish you the very best as you go about doing so. I hope that reading this book will help you along on that journey.

Tags: gratitude, thankfulness, self help, self improvement, psychology, mental health, motivation, enjoyment, life experience, positive thinking, positivity, goal setting, goals, achievement

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Diane Reid:

Book is to be different for each grade. Book for children right up until adult are different content. As we know that book is very important for people. The book Gratitude: Feel Grateful Today and Every Day (Personal Growth) ended up being making you to know about other information and of course you can take more information. It doesn't matter what advantages for you. The publication Gratitude: Feel Grateful Today and Every Day (Personal Growth) is not only giving you a lot more new information but also for being your friend when you experience bored. You can spend your spend time to read your publication. Try to make relationship while using book Gratitude: Feel Grateful Today and Every Day (Personal Growth). You never really feel lose out for everything when you read some books.

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People live in this new day of lifestyle always attempt to and must have the free time or they will get wide range of stress from both lifestyle and work. So , if we ask do people have extra time, we will say absolutely of course. People is human not a robot. Then we request again, what kind of activity are you experiencing when the spare time coming to you actually of course your answer will probably unlimited right. Then do you ever try this one, reading books. It can be your alternative inside spending your spare time, the particular book you have read is usually Gratitude: Feel Grateful Today and Every Day (Personal Growth).

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