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Living in Gratitude: Mastering the Art of Giving Thanks Every Day, A - Living in Gratitude: Mastering the Art of Giving Thanks Every Day, A Month-by-Month Guide by Angeles Arrien.

Living In Gratitude: Mastering The Art Of Giving Thanks

Gratitude is a feeling that spontaneously emerges from within. However, it is not simply an emotional response; it is also a choice we make. We can choose to be grateful, or we can choose to be ungrateful to take our gifts and blessings for granted. As a choice, gratitude is an attitude or disposition.

Mastering the Art of Giving Thanks Every Day, A Month-by

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BONUS: Gratitude Exercise (PDF) There is an additional gratitude exercise for you from LivingWhole.net in the PDF (click on the button to open it). About the Authors: Courtney Ackerman is a graduate of the positive organizational psychology and evaluation program at Claremont Graduate University.

31 Gratitude Exercises That Will Boost Your Happiness (+PDF)

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Living in Gratitude, is a dependable resource for making this cherished virtue your guiding light along life's journey. Praise for Living in Gratitude The daily practice of gratitude will enhance the quality of every aspect of your life, including better health, more fulfilling relationships, and greater financial abundance.

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