



Gratitude: 7 Simple Steps to Becoming More Grateful in 7 Days

By Ruth Logan

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Gratitude - 7 Simple Steps To Becoming More Grateful In 7 Days When we talk about the practice of gratitude, we re not talking about saying thank you or counting your possessions. Rather, the practice of gratitude is about consciously taking time to be grateful for all the good things in our lives, and altering our perspective to focus on that gratitude in our day to day lives. There is an increasing global interest in gratitude, with increasing numbers of articles and studies being published, but why all the fuss, and why now? Practicing gratitude can have many positive benefits, both psychological and physical, so why do many of us not practice gratitude in our lives today? It could be that we re just too busy or that our cultures are more inclined to negative thinking than positive. It could also be that the practice of meaningful gratitude is simply not normal in modern society. Most likely though, it s because we live in a world where we re taught to be ambitious, always striving for better. By...



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