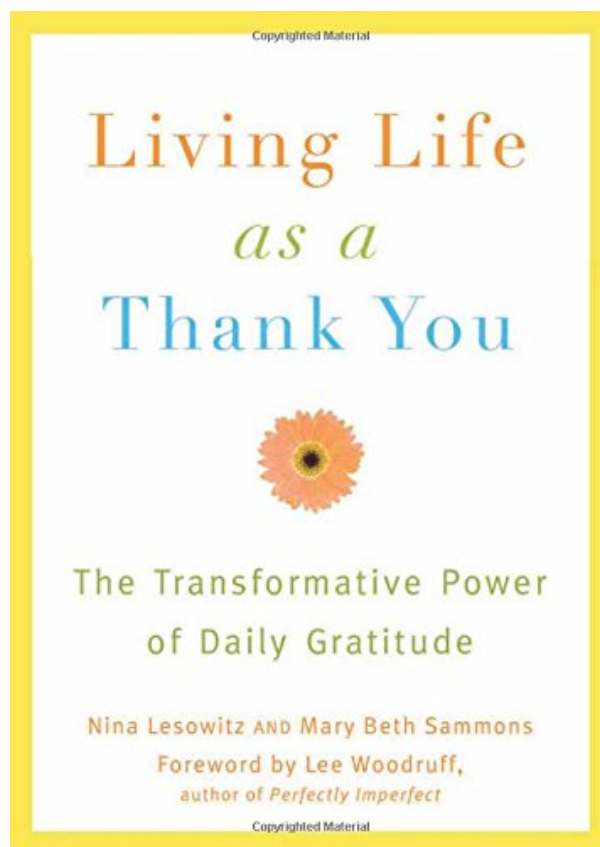


**LIVING LIFE AS A THANK YOU: THE
TRANSFORMATIVE POWER OF DAILY
GRATITUDE BY NINA LESOWITZ, MARY
BETH SAMMONS**



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Living Life *as a* Thank You



The Transformative Power
of Daily Gratitude

Nina Lesowitz AND Mary Beth Sammons

Foreword by Lee Woodruff,
author of Perfectly Imperfect

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Review

Library Journal Starred Review: "Journalist Lesowitz and gratitude practitioner Sammons demonstrate through life stories, quotes, and tool kits that gratitude can be the key to kicking an addiction, healing the planet, or just staying sane in a traffic jam. A particularly poignant chapter discusses how to find grace and wisdom in good-byes. This compelling book goes beyond Random Acts of Kindness but inspires the same hope and motivation for good. Buy two copies: one for the library and another for yourself."

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Whatever is given ? even a difficult and challenging moment ? is a gift. Living as if each day is a thank-you can help transform fear into courage, anger into forgiveness, isolation into belonging, and another's pain into healing. Saying thank-you every day inspires feelings of love, compassion, and hope. These ideas are the basis for this timely book. Authors Nina Lesowitz and Mary Beth Sammons present a simple, but comprehensive program for incorporating gratitude into one's life, and reaping the many benefits that come from doing so. The book is divided into ten chapters from "Thank You Power" and "Ways to Stay Thankful in Difficult Times" to "Gratitude as a Spiritual/Cultural Practice " and "Putting Gratitude into Action." Each chapter includes stories of individuals whose lives have been transformed by embracing this program, along with motivating quotes and blessings, and a suggested gratitude practice such as keeping a weekly gratitude journal and starting a gratitude circle.

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Features

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Most helpful customer reviews

2 of 2 people found the following review helpful.

It's a life changer.

By Seeker

Living Life As a Thank You is pure gold. The subject of Gratitude is very popular right now, and rightfully so, for living with gratitude will absolutely change your life. Nina Lesowitz presents the miracle of living in gratitude in a way that the reader can put into play and watch the effects with joy as they begin to unfold as promised. This gratitude thing is a life changer, folks. I tried it out myself, and in a very short time wonderful things began to happen. I will never go back to my old negative mindset. This book gives you stories of how

gratitude has worked in other people's lives. The same positive outcome can occur for anyone who begins to live it. What's more, it's easy, it's free, and it's a life changer.

1 of 1 people found the following review helpful.

The power of gratitude can make you rich and prosperous, like it did for me!

By Eddie Coronado (Author of Advanced Law of Attraction Techniques)

This is a wonderful book that explains the power of gratitude clearly and effectively. So many fail to use the prospering power of daily gratitude when they have the ability to change their lives through two simple words: Thank You. I know the power of gratitude first-hand, and I definitely recommend this book to anyone interested in enhancing life through the power of gratitude. Review written by Eddie Coronado, author of the book Manifest Your Millions: A Lottery Winner Shares his Law of Attraction Secrets.

2 of 2 people found the following review helpful.

Short, Sweet, Great Gift Material

By Diversified Interest Girl

This is a surprisingly good little book on gratitude. I got it for Christmas last year and spent a few weeks reading a chapter each day in the mornings. The stories were touching and it's a great book to remember to be thankful. Would be a great gift for someone who is into those sorts of things or for yourself.

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