



# Living Life as a Thank You: The Transformative Power of Daily Gratitude

*Nina Lesowitz, Mary Beth Sammons*

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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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