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Robert A. Emmons PhD

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Gratitude is the simple, scientifically proven way to increase happiness and encourage greater joy, love, peace, and optimism into our lives.

Through easy practices such as keeping a daily gratitude journal, writing letters of thanks, and meditating on the good we have received, we can improve our health and wellbeing, enhance our relationships, encourage healthy sleep, and heighten feelings of connectedness.

Easily accessible and available to everyone, the practice of gratitude will benefit every area of your life and generate a positive ripple effect.

This beautiful book discusses the benefits of gratitude and teaches easy techniques to foster gratitude every day. It also includes an 8-week gratitude plan.

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