

## The Power of Gratitude

Science tells us that an “attitude of gratitude” is a good health choice. Being more grateful more often makes us happier and more optimistic. But gratitude also adds to the bottom line - in very real ways. And the best news about gratitude is that it requires little time and no money.

Here are six reasons gratitude improves your productivity and results:

**Gratitude attracts what we want.** The universal law of attraction says that we will attract into our life the things we think about and focus on. Since this is true, wouldn't you want more of what you are thankful for? Remember that when you are consciously aware of your blessings, and are grateful for them, you are focusing more clearly on what you do want in your life - and are attracting more of those things into your life.

**Gratitude improves relationships.** We learn the importance of saying “thank you” as little children. We are taught that habit because it is “good manners.” This childhood lesson is extremely powerful. Think about those people whom you are the most appreciative of and let them know it. Be grateful for people, their contributions, their talents and their actions and make sure you let them know how you feel.

**Gratitude improves problem solving skills.** Conversely, when we think about what we are grateful for we open our minds up to new possibilities and connections. We also enter a problem solving situation with a perspective of improvements and opportunity rather than challenge or issue.

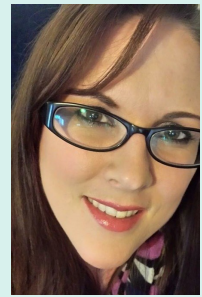
**Gratitude is an attitude.** Gratitude is a choice; and gratitude is a habit. When we consciously practice being grateful for the people, situations and resources around us we begin to attract better relationships and results. The habit will be strengthened as you make the choice each day.

**Gratitude reduces negativity.** It is hard to be negative about your situation when you are thinking about things for which you are grateful for. One of the fastest ways to improve your mood or outlook is to count your blessings.

**Gratitude helps us learn.** Every dark cloud has a silver lining. Behind every problem lies an opportunity. Being grateful for our situation - even if we don't like everything about it - allows us to be thankful for the opportunity to learn something new.

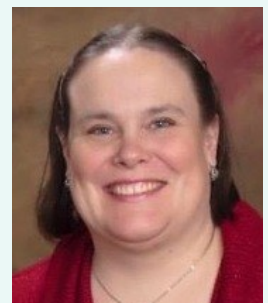
[https://www.successconsciousness.com/guest\\_articles/power\\_of\\_gratitude.htm](https://www.successconsciousness.com/guest_articles/power_of_gratitude.htm) (“Last accessed 11/20/2018”)

### Consultant of the Month Serena Wilkie



Serena has been a licensed hearing aid specialist for 18 years and has been in the hearing industry for over 20. What inspired her to get into the hearing industry was her grandfather and daughter, both whom suffered from hearing loss. “I figured I could do more good by being a specialist, than I could just sitting on the sidelines. I know that helping people to hear is my purpose.” Her favorite part of the job is helping people reestablish the connection with their family and friends through better hearing.

### PCC of the Month Amy Nyberg



Amy has been with Miracle-Ear for almost 11 years. She is passionate about providing excellent customer service to her patients. “I enjoy talking to our patients and helping them hear better. Some patients have been here for so long I feel like we are a family.” Amy has been married to her high school sweetheart for 20 years. They have 1 son and a dog named Boomer. Her favorite hobbies are watching movies with her son and reading.



*Happy Holidays*

# Old-Fashioned Bread Stuffing with Sausage

Prep Time: 1 hr

Cook Time: 1 hr

Total Time: 2 hrs

## Ingredients:

- 1/2 cup unsalted butter (1 stick), more for baking dish
- 2 lbs good quality white bread, cut into 1-inch cubes
- 4 ribs celery, plus some leafy tops, finely diced
- 2 carrots, finely (1 cup)
- 1 sweet onion, finely diced (2 1/2 cups)
- 1lb bulk pork breakfast sausage
- 2 tbsp finely chopped fresh sage
- 2 tbsp finely chopped fresh thyme
- 3 cups stock (turkey or chicken broth)
- Kosher salt and fresh cracked pepper

## Directions:

1. Preheat oven to 350 degrees. Spread bread cubes onto 2 large baking sheets and toast for 30 minutes. Stirring and rotating pans, until lightly browned and crisp. Transfer to a very large bowl when done.
2. Meanwhile, in large skillet, melt 1 stick of butter. Pour half the melted butter in a bowl and reserve for later for brushing the bread crumbs. With the remaining butter in the large skillet, add celery, carrots and onion and sprinkle with salt. Cook vegetable mixture over medium-high heat until softened and starting to brown, about 8 to 10 minutes. Transfer vegetables to a bowl. Add sausage to skillet, breaking it up with a wooden spoon, until cooked through and lightly brown.
3. Return vegetable mixture to the skillet and add the sage and thyme, salt and pepper, cook for 1 minute. Add 1 cup of stock, stir up any browned bits, until stock is reduced and cooked down by half.
4. Transfer sausage mixture to a bowl with toasted bread cubes. Add remaining stock and toss well until bread cubes are evenly moistened. Taste and season with salt and pepper. Spread stuffing into large buttered baking dish (about 3 1/2 quart size) and brush with reserve melted butter.
5. Bake in center of oven until heated through and nicely browned (about 1 hour). Rotate casserole halfway through. Let stuffing cool for 10 minutes before serving.



<http://thehungrybluebird.com/recipes/old-fashioned-bread-stuffing-sausage/> ("Last accessed 11/15/2018")

## **Protection Plan Testimonial**

"It was worth it to enroll in the Protection Plan, even if you are not sure of it at the time. Pleasantly surprised on the turnaround for replacement of my hearing aid."

*Sherrie Watts— San Jose*

## **Riddle of the Month**

Why are Christmas trees bad at knitting?

Answer: \_\_\_\_\_

STAY TUNED! Answer will be in our January's Newsletter

Answer to November's Riddle: Your Teeth

