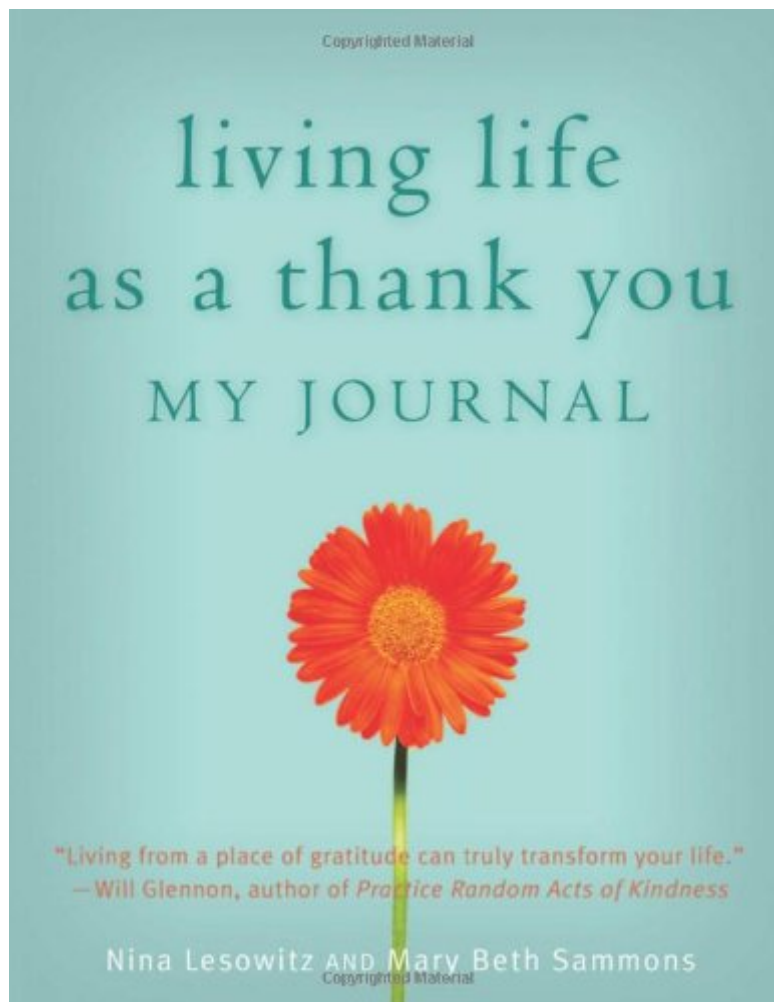


Living Life as a Thank You: My Journal PDF



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Living Life as a Thank You: My Journal by Nina Lesowitz, Mary Beth Sammons ISBN 1936740346 Building upon the foundational wisdom of the best-selling *Living Life as a Thank You* Nina Lesowitz and Mary Beth Sammons have created a journal filled with life-changing practices and encouraging advice to take readers through a process of self-transformation and personal growth. The friendly format not only provides readers with tried and true thank you techniques and practices, but also allows them to take part in creating their own.

The act and power of gratitude has a direct effect on our lives on a physical, spiritual, mental and emotional level. Studies have shown that living life with appreciation leads to a greater sense of well-being and happiness. The secret to a happy and fulfilled life may rely on focusing on all the good, rather than what is lacking or not going well at the moment. *Living Life as a Thank You Journal* is a toolkit for this transformation.

Living Life as a Thank You: My Journal Review

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