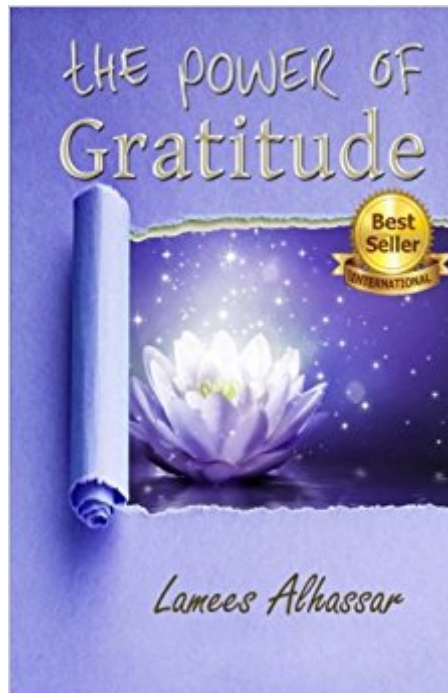




The book was found

The Power Of Gratitude



Synopsis

In today's highly consumerist society, where possessing a killer instinct is considered a great asset, and quarterly growth figures are a measure of a nation's standing internationally; does gratitude have any place at all? What is gratitude? Learn how gratitude empowers, how it affects society, its place in religion, and why gratitude is so important. Gratitude can be learned. Inside are ten steps you can take to incorporate gratitude into your life. Additionally, there are some behaviors to avoid if you truly want to enhance our process of learning gratitude, as well as exercises to really incorporate gratitude into your life. Read about gratitude real-life stories from the likes of Oprah Winfrey, Winston Churchill, and Ronald Reagan. Enjoy the gratitude poems in this book. Use them to increase gratitude in your life.

Book Information

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Customer Reviews

Lamees Alhassar is a prolific, inspirational writer, artist & a philanthropist. You can visit her website <http://www.lameesauthor.com> and you can send her an email Lameesalhassar@hotmail.com.

If any person is unconvinced that feeling and showing gratitude is worthwhile, author Lamees Alhassar gives the reader numerous examples of the power of gratitude to change lives. This very readable book is well-organized and carefully documented. While some of the books which I've read about gratitude rely on anecdotal stories, Ms. Alhassar cites research studies which have found that being grateful for the good things in your life is empowering and

actually improves your health and well-being. She says that the best part of being grateful is that it makes you "view your own self in a new light. The more thankful you are for the good that occurs in your life, the less you will dwell on those aspects of your personality where you feel you fall short." The book offers ways to learn gratitude as well as giving examples of gratitude from the sacred writings of world religions and from literature and legend. The concluding chapter provides a variety of exercises which can help you acquire and expand your sense of gratitude. One suggestion is to write daily in a gratitude journal, noting at least three things you are grateful for at the end of the day. Another idea is to write sincere, carefully thought-out thank you notes to people who have helped you throughout your life. I highly recommend *The Power of Gratitude* to bolster your awareness of the good in your life and then to have the ability to express this gratitude in heart-felt ways.

Gives me a sense of urgency about how I should feel about being grateful. This book can change the way you look at your life and teach you about gratitude

The Power of Gratitude by author Lamees Alhassar is one of those books that strikes a chord of truth. It is a simple but evenly tendered presentation about the importance of gratitude and the massive role it plays in our lives. It is neither religious nor scientific in its approach, but rather, the author draws on the wisdom and examples of people through history, who have demonstrated the importance of this facet of our innate selves. As the author correctly points out, in this day and age of fast-paced living, where we have literally everything at our finger tips, where the attitude is more less one of entitlement, and where culturally-speaking it is easy to forget about the intrinsic values of life between work, play, smart phones and Netflix, Lamees reminds us in small ways, why we must not lose touch with our very inner self. As with many philosophical and spiritual writers before her, she reminds us of the most important thing in life which is finding its true meaning and our true selves, and not how much money, or cars, houses or the like, we accumulate. This book is a simple manual about how to live life without any strict rules or religious regimens attached to the principle she writes about – just simply, appreciate life and those around you. A good-feel read that will touch you in a deeper place.

A lucid, free flowing and powerful exposition, highlighting the importance of incorporating gratitude in one's life. Illustrated with real life examples of how gratitude empowers, the author goes on to show how one can incorporate gratitude in one's life in ten easy steps! A good inspirational book

worth reading.

I am glad that I bought this book. when I became a best seller I was not surprised. Its a book that is suitable for all ages. After reading this book I bought a gratitude journal by the same author, and it is wonderful that the author published gratitude journals for children as well.

this book made me re-evaluate myself. with today's fast pace life, we need something like this book to remind us to appreciate and feel grateful even for the small things. because this is the way to be content and happy in life. I really enjoyed reading this book.

Although there small mistakes the meaning is not lost, the author has great writing skills over all I enjoyed the expanded definition of gratitude. This author is in my eyes one to watch I see great things coming from her.

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