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Living in Gratitude: Mastering the Art of Giving Thanks Every Day, A - Living in Gratitude: Mastering the Art of Giving Thanks Every Day, A Month-by-Month Guide by Angeles Arrien.

### **Living In Gratitude: Mastering The Art Of Giving Thanks**

Gratitude is a feeling that spontaneously emerges from within. However, it is not simply an emotional response; it is also a choice we make. We can choose to be grateful, or we can choose to be ungrateful to take our gifts and blessings for granted. As a choice, gratitude is an attitude or disposition.

### **Mastering the Art of Giving Thanks Every Day, A Month-by**

With Living in Gratitude, Angeles Arrien invites you to find out. Integrating the latest teachings from social science with stories, prayers, and practices from cultures and traditions spanning the globe, she presents a 12-month plan for making gratitude your foundation for daily living.

## **Living in Gratitude: Mastering the Art of Giving Thanks**

BONUS: Gratitude Exercise (PDF) There is an additional gratitude exercise for you from LivingWhole.net in the PDF (click on the button to open it). About the Authors: Courtney Ackerman is a graduate of the positive organizational psychology and evaluation program at Claremont Graduate University.

## **31 Gratitude Exercises That Will Boost Your Happiness (+PDF)**

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