



# Living Life as a Thank You: The Transformative Power of Daily Gratitude

By Nina Lesowitz, Mary Beth Sammons

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Whatever is given ? even a difficult and challenging moment ? is a gift. Living as if each day is a thank-you can help transform fear into courage, anger into forgiveness, isolation into belonging, and another's pain into healing. Saying thank-you every day inspires feelings of love, compassion, and hope. These ideas are the basis for this timely book. Authors Nina Lesowitz and Mary Beth Sammons present a simple, but comprehensive program for incorporating gratitude into one's life, and reaping the many benefits that come from doing so. The book is divided into ten chapters from "Thank You Power" and "Ways to Stay Thankful in Difficult Times" to "Gratitude as a Spiritual/Cultural Practice " and "Putting Gratitude into Action." Each chapter includes stories of individuals whose lives have been transformed by embracing this program, along with motivating quotes and blessings, and a suggested gratitude practice such as keeping a weekly gratitude journal and starting a gratitude circle.

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**Living Life as a Thank You: The Transformative Power of Daily Gratitude** By Nina Lesowitz, Mary Beth Sammons **Bibliography**

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### Editorial Review

#### Review

Library Journal Starred Review: "Journalist Lesowitz and gratitude practitioner Sammons demonstrate through life stories, quotes, and tool kits that gratitude can be the key to kicking an addiction, healing the planet, or just staying sane in a traffic jam. A particularly poignant chapter discusses how to find grace and wisdom in good-byes. This compelling book goes beyond Random Acts of Kindness but inspires the same hope and motivation for good. Buy two copies: one for the library and another for yourself."

"I have learned that the greatest joy and happiness comes from what we do to enrich other people's lives and our own spiritual lives. Living Life as a Thank You shows you how to connect with other people from a place of thankfulness which in turn promotes greater harmony for all." —Marla Maples, actress, television host and spiritual motivator

"*Living Life as a Thank You* is a healing guidebook for people looking to bring more joy and stronger social connections into their lives. I am convinced that if readers take even one small gratitude practice from this book they will bring greater happiness into their lives. Inspirational and spiritual, this book is a great how-to companion for people following the science of appreciation." —Christine Carter, Ph.D., sociologist, executive director of the Greater Good Science Center at UC Berkeley

"Twenty years ago, we gathered friends together to write about, talk about, and do Random Acts of Kindness, and from this small group, a kindness movement was born that circled the globe. With *Living Life as a Thank You*, Nina and Mary Beth have tapped into something just as deep and powerful that can truly transform people's lives?our deep and abiding need to feel and live from a place of gratitude." —Will Glennon, founder, The Random Acts of Kindness Foundation, author of *Practice Random Acts of Kindness*

"This book will put a smile on your face, a lift in your step, and plenty of reminders that saying 'thanks' costs nothing, but delivers a lot!" —Jan Yanehiro, Emmy winning broadcaster, author of *This is Not the Life I Ordered*

"Thank you, thank you, thank you for *Living Life as a Thank You*. I am grateful for the inspiring stories, the simple, clear exercises with profound results and the empowering reminder that an attitude of gratitude boosts self-esteem, well-being and appreciation for the precious gifts that fill our days. This is a must-read for everyone who desires peace and happiness." —Susyn Reeve, author of *Choose Peace & Happiness*

"In our day and age, the daily practice of gratitude and acceptance is arguably the most important spiritual routine we should all embrace. Nina Lesowitz and Mary Beth Sammons found an entertaining and wonderful way to make it easy for us to live life as one big thank you!" —Gahl Eden Sasson, author of *A Wish Can Change Your Life*

#### About the Author

Mary Beth Sammons is an award-winning journalist and author whose work appears in "Family Circle", the "Chicago Tribune" s lifestyle section, and on various health and wellness websites. She is grateful to be welcomed into the lives of those she writes about who are experiencing the ups and downs of handling life, parenting, and caregiving. She s the author of a number of books, including "We Carry Each Other: Getting

Through Life's Toughest Times"; "My Family: Collected Memories"; and "Gifts with Heart". She lives in Chicago.

Nina Lesowitz is a gratitude practitioner and volunteer for literacy organizations. She also runs Spinergy Group, a public relations firm that represents authors and corporate clients, as well as nonprofits. The recipient of numerous awards and tributes, including a national award for excellence in media relations, Lesowitz is also the coauthor of the bestselling "The Party Girl Cookbook". She lives in Oakland

Susan Boyce earned her BA from the University of Rhode Island, then began a stage career as a song-and-dance new age vaudevillian. Her experience includes narrating documentaries, computer adventure games, and audiobooks.

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#### **Mark Hernandez:**

Exactly why? Because this Living Life as a Thank You: The Transformative Power of Daily Gratitude is an unordinary book that the inside of the book waiting for you to snap this but latter it will jolt you with the secret the idea inside. Reading this book next to it was fantastic author who write the book in such awesome way makes the content within easier to understand, entertaining means but still convey the meaning totally. So, it is good for you for not hesitating having this anymore or you going to regret it. This unique book will give you a lot of benefits than the other book have got such as help improving your ability and your critical thinking method. So, still want to delay having that book? If I were being you I will go to the publication store hurriedly.

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