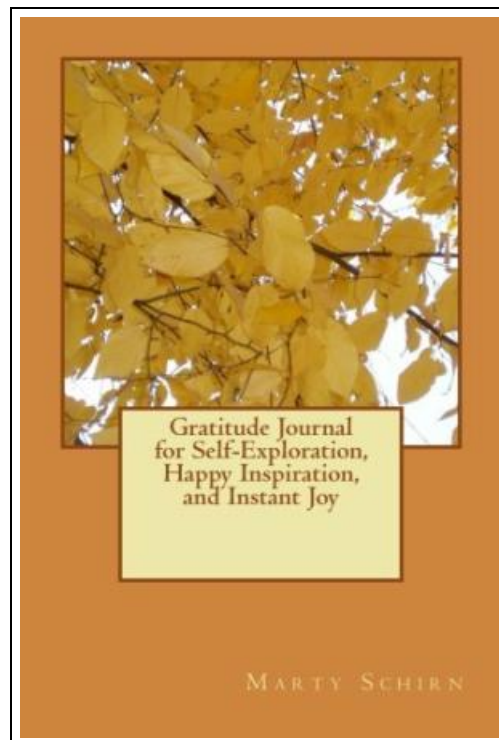


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. A proven powerful way to increase your happiness and become more joyful is to feel deeply grateful for what you have. When you feel truly thankful, your outlook becomes more cheerful and optimistic; your attitude becomes more positive and confident. Your inner being radiates love because you love your life, thereby increasing your self-esteem. And as your self-esteem increases, people will be attracted to you because they see and feel your cheerfulness and optimism. Furthermore, as you feel increasingly grateful over time, this attracts even more blessings to you! When you feel deeply thankful for these new blessings, your appreciation becomes even stronger, attracting still more blessings. This is not to say you won't experience difficult times. You will. Life is not easy and can be extremely painful. It's very hard to feel grateful when tragedy strikes. But it is not impossible. If you are constantly focused on feeling grateful, even for the smallest things, the difficult times will be easier to handle. Likewise, feeling grateful for what you don't have is also very powerful and beneficial. For example, if God forbid, your brother has died, this can be terribly upsetting and painful. But you can feel very grateful that you don't have a life-threatening disease, that you don't live in a city that has been completely destroyed, that you don't have to take the bus because you can't afford to repair your car, that you are not homeless and living on the street with just the clothes on your back and no friends who can help you. It may sound cliché, but this does not take away from the fact that no...



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