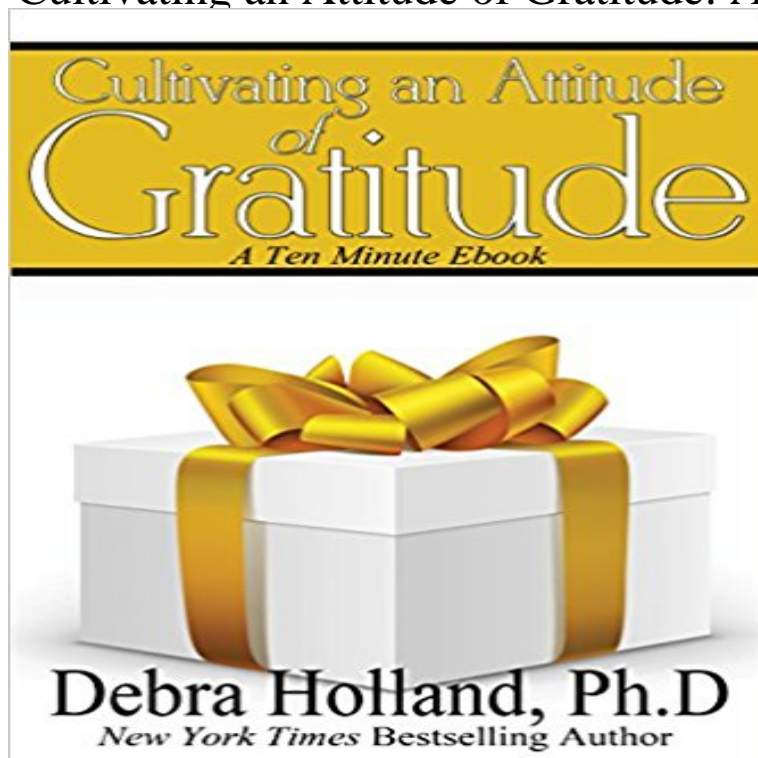


## Cultivating an Attitude of Gratitude: A Ten Minute eBook



In this short read by Debra Holland, Ph.D, a New York Times and USA Today bestselling author, you will learn why feeling gratitude is important, the benefits of practicing gratitude (such as reducing fear, anxiety, stress, and increasing self-esteem, focus, and contentment) as well as tips for using gratitude to lead a healthier lifestyle.

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