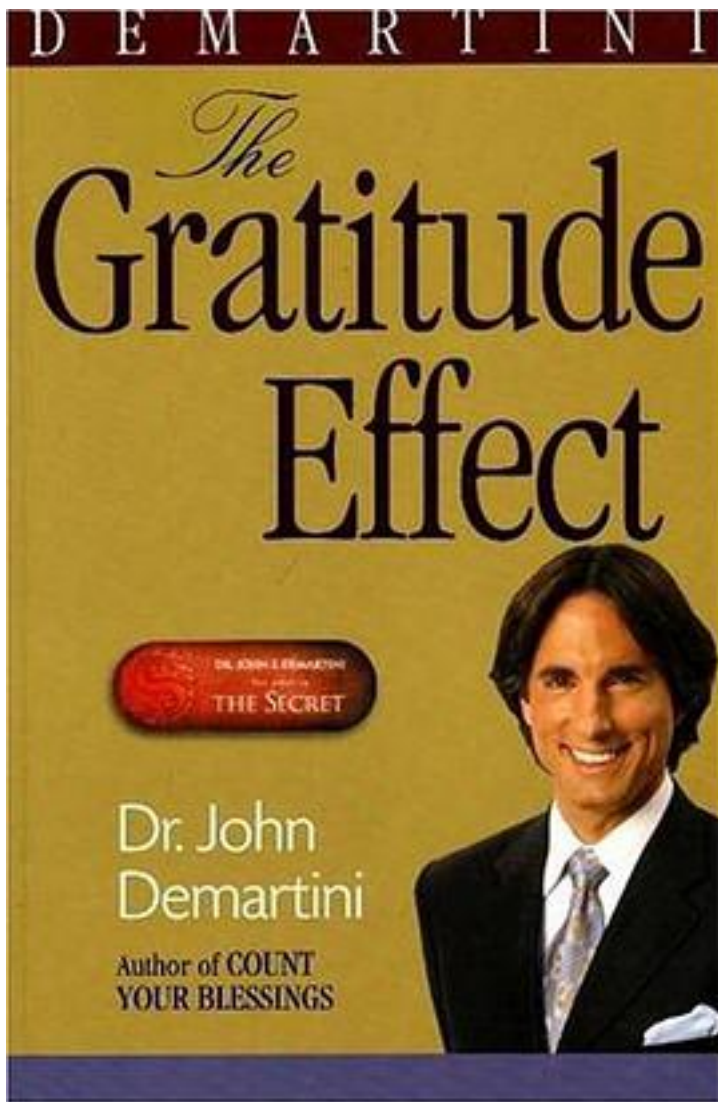


The Gratitude Effect



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Proclaiming the importance of gratitude in an individual's life, this self-help book by motivational speaker Dr. John Demartini is a guide to a new life of happiness and thankfulness. The main tenet of this simple and honest technique is for people to be happy with and grateful for what they have, and there will be much more in return. A practical guide that includes exercises, affirmations, and a gratitude journal, this book gives those who struggle a new, happier, more gracious perspective on life.

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