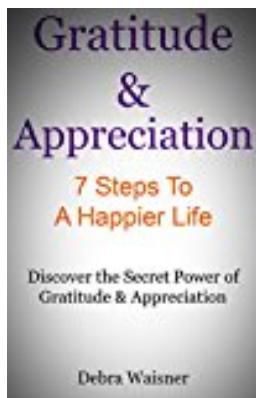


[PDF] What Is The Secret Of Gratitude?-How To Attain An Attitude Of Gratitude (What Is?)

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Books Details:

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Description:

From the Author I was inspired to write this book because several friends asked how I was always in such a good mood. Even with all the trials and tribulations that were happening:

- Become unemployed, being under employed
- Car breakdowns

- Friends on death beds and eventually dying
- A break-in at my home

They wanted to know what I was doing to stay so positive and upbeat about life. I examined what I was doing and found that I used gratitude. But I also discovered 3 things:

1. I focus on the positives in my life.
2. I ignore negative emotions as they make me feel bad and drain my energy
3. I don't let others influence how I feel.

Sounds simple, but it can be hard to implement and requires daily attention. We are electrical beings. And we generate a small electrical field. You and I live in an ocean of emotion and energy. It takes effort and energy to avoid all the negative material floating around.

Therefore, I consciously focus on what is good and right in my life and believe that others can do the same to improve their world.

About the Author D.L. Hart is like you in many ways. She is fascinated and intrigued by the human condition and how and why things work. Through personal experience, research, observation and reading; certain ideas and beliefs began to crystallize.

D.L. Hart believes that each person has the ability determine the course of their lives by taking control of their beliefs, thoughts, and emotions.

She has written and published 4 books on Amazon Kindle. Her first book is "What is the Secret of Gratitude?-How to Attain an Attitude of Gratitude". She recently published a Childrens book titled "Kittens Discovered". Ms. Hart was not planning on writing a childrens book, but the idea popped into her head and she took inspired action. Her newest book is "Decode Food Labels-What Are You Eating?"

Plans include an additional 7 books that are in progress to include 2-3 more childrens books, 2 to 3 books on food and health and more on improving our lives.

D.L. Hart graduated from Big Ten School with a science degree with area of specialization in microbiology. She has earned a living in Quality Control and Research & Development departments in consumer products, clinical chemistry, and foodindustry and enjoys trouble-shooting and problem solving.

Ms. Hart has a wide array of interests: photography, hiking, gardening, alternative health practices, reading, and her pets. She currently resides in Indianapolis, Indiana.

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