



The Gratitude Power Workbook: Transform Fear into Courage, Anger into Forgiveness, Isolation into Belonging

Nina Lesowitz, Mary Beth Sammons

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Mary Beth Sammons and Nina Lesowitz have received hundreds of thank you emails and letters from readers whose lives they have touched and helped — spiritual seekers, teachers, business people, cancer patients, parents, the newly bereaved, athletes, and many others. Building upon the foundational wisdom of the bestselling *Living Life as a Thank You* Nina Lesowitz and Mary Beth Sammons have developed a workbook filled with life-changing practices and encouraging advice to take readers through a process of self-transformation and personal growth. The workbook-style format not only provides readers with tried and true thank you techniques and practices, but also allows them to take part in creating their own.

The act and power of gratitude has a direct effect on our lives on a physical, spiritual, mental and emotional level. Studies have shown that living life with appreciation leads to a greater sense of well-being and happiness. The secret to a happy and fulfilled life may rely on focusing on all the good, rather than what is lacking or not going well at the moment. *The Thank You Power Workbook* is a toolkit for this transformation.

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