

Title:

Gratitude - Top Ten Reasons to Adopt the LAW of GRATITUDE

Word Count:

816

Summary:

An attitude of gratitude brings you peace and overflows to those around you. Gratitude is a na
appreciating all of life and what you have, you discover more joy and kindness in the world. M

Keywords:

appreciation, gratitude, love, abundance, law of attraction, positive attitude, kindness, coac

Article Body:

What would your day be like if you started and ended it by simply noticing all that you have i

When you live in tandem with your spirit, appreciating all of life and what you have, you disc

^Gratitude is not only the greatest of virtues, but the parent
of all the others.~ ~ Cicero

The following is a list of the top ten reasons to adopt the Law of Gratitude in your life:

One. Being in Gratitude Only Has Positive Side Effects.

Positive emotions make you feel good and offer a sense of comfort. When we take a few moments

Two. Feelings of Gratitude Provide Short-Cuts to Miracles.

Negative thoughts and feelings create an interruption in the natural flow of life. When you ar

Three. Thoughts of Gratitude Flood Your Body with Immune-Boosting Endorphins.

Studies also provide evidence that a positive, appreciative attitude enhances the body's healin

Four. Feeling Grateful Puts you Back into the 'Flow of Life' at the Speed of Thought.

Thoughts create things. If you are feeling and thinking positive thoughts, you create positive

Five. Gratitude Unlocks the Fullness of Life.

Feelings of gratitude turn what you have into enough, and more. It turns denial into acceptan

Six. Feelings of Gratitude Give You a 'Natural High'.

Grateful people tend to be more optimistic, a characteristic that researchers say boosts the i

Seven. Gratitude Provides an Immediate Sense of Well-Being.

Gratitude, it turns out, can help us better manage stress. Gratitude research is beginning to

Eight. Feeling Grateful is the Main Cause of 'Sustained Joy'.

Focusing on the gifts one has been given is an antidote to envy, resentment, regret and other

Nine. The More You Give'The More You Receive.

You always get more of whatever you appreciate. When you express love, gratitude and sincere a

Ten. When You Are Genuinely Thankful Anger and Fear Disappear.

One of the incredible truths about gratitude is that it is impossible to feel both the positive

To Practice This Thought:

- Be lavish in your gratefulness.
- Make gratitude a daily ritual.
- Be thankful for whatever

forces you to deal with your own strong emotions.

- Set aside an hour or two to do nothing much except be grateful.

Focus on what is working in your life and what IS right in the world. It doesn't matter how sm

Amirah © 2006 All Rights Reserved.

You have permission to publish this article electronically or in print, free of charge, as lon

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>