

Title:

Thank You Very Much ~ Turning Problems Into Gifts

Word Count:

299

Summary:

I am a martial artist and black belt in aikido, a practice that continues to teach me about li

Keywords:

peace of mind,gratitude,attitude,aikido, practice,martial arts,gifts,unexpected gifts,blessing

Article Body:

I am a martial artist and black belt in aikido, a practice that continues to teach me about li

Still, I say thank you, because we're supposed to. Over the years, because I like to be congru

How might you incorporate this simple but effective practice in your daily life? Who are your

There are certain times of the year when we are more aware of being grateful for all of our bl

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