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Grace of Gratitude Journal: Deborah Perdue, Tara Thelen

Grace of Gratitude Journal (blue hardcover version) and second edition Grace of Gratitude Journal (gold paperback version). Both are 6×9― with gorgeous watercolors by Tara Thelen, and inspiring thoughts of thankfulness by Deborah Perdue, with blank lined pages for the reader to practice writing down their grateful thoughts too.

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1 THE GRACE OF GRATITUDE (1 Thess 5:18; Psalm 95) A. When Robinson Crusoe was wrecked on a deserted island, he listed in two columns what he called the evil & the good.

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Use this gratitude journal to keep record of all the things you are grateful for. It is your journal. Use it anyway you wish. I recommend using it once daily. Thank you for reading. I'm glad you did and I hope you fill this gratitude journal full of wonderful things. Yours truly, Danny W. Pettry, MS, CTRS Recreational Therapist

Gratitude Journal - DannyPettry

This classic gratitude exercise is put into digital form, with a daily journal for you to fill with things you are grateful for. It includes space for writing down several things each day, ratings of your feelings, daily quotes, and up to three photos per journal entry.

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one has lived by the grace of others. In this sense, the spirituality of gratitude is opposed to a self-serving belief that one deserves or is entitled to the blessings that he or she enjoys. Rather, it is knowing the grace by which one lives that is itself a profound spiritual realization. Authentic

GratitudeasaPsychotherapeuticIntervention

"Showing gratitude is one of the simplest yet most powerful things humans can do for each other.― ~ Randy Pausch Thanksgiving is an opportunity to think about and express our gratitude.

THE POSITIVE EFFECTS OF EXPRESSING RATITUDE Thanksgiving

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The Grace of Gratitude Journal is a beautiful book. The illustrations by Tara Thelen are vivid, colorful and gorgeous and the text by Deborah Perdue is thoughtfully written, sparking a deeper consciousness not only of the world around us but also the inner world.

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