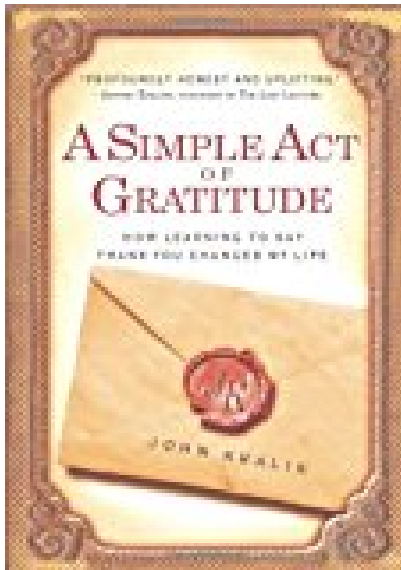


A Simple Act of Gratitude How Learning to Say Thank You Changed My Life



BOOK DETAILS

- Author : John Kralik
- Pages : 240 Pages
- Publisher : Hyperion
- Language : English
- ISBN :

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BOOK SYNOPSIS

365 DAYS. TWO WORDS. ONE MIRACULOUS TRUE STORY. One recent December, at age 53, John Kralik found his life at a terrible, frightening low. All aspects of his life seemed to be failing: his relationships with his children and partner, his work, his health. Then, hiking on New Years Day, John was struck by the thought that his life might become at least tolerable if he could be grateful for what he had. Inspired by a beautiful, simple note he had received thanking him for a Christmas gift, John set himself the goal of writing 365 thank-you notes in the coming year. One by one, day after day, he handwrote thank yous for gifts or kindnesses hed received, large and small, from loved ones and coworkers, past business associates and current foes, school friends and doctors and handymen and neighbours, and anyone, really, whod done him a good turn. Immediately after hed sent his very first notes, surprising benefits began to come Johns way. Over the year John was writing his notes, his whole life turned around. 365 Thank Yous is a rare memoir, its touching message delivered in the plainspoken storytelling of an ordinary man. Kralik sets a believable, doable example of how to live a good life. To read 365 Thank Yous is to be changed.

A SIMPLE ACT OF GRATITUDE HOW LEARNING TO SAY THANK YOU

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