



daily GOOD

We have stopped for a moment to encounter each other, to meet, to love, to share. This is a precious moment but it is transient. It is a little parenthesis in eternity. If we share caring, lightheartedness, and love, we will create abundance and joy for each other. And then this moment will be worthwhile. --Deepak Chopra

Attitude of Gratitude

Cultivating an "attitude of gratitude" has been linked to better health, sounder sleep, less anxiety and depression, higher long-term satisfaction with life and kinder behavior toward others, including romantic partners. A new study shows that feeling grateful makes people less likely to turn aggressive when provoked. How to practice gratitude? Research shows that those who keep a simple gratitude journal felt happier, more optimistic, and even slept better at night. Renowned psychologist Dr. Martin Seligman guarantees that if you (a) write a 300-word letter to someone who changed your life for the better, (b) hand-deliver it to the recipient, (c) read it out loud to them, then "You will be happier and less depressed one month from now."

Be The Change:

Write a gratitude letter to someone you appreciate.