



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

By John Kralik

Hachette Books, United States, 2011. Paperback. Book Condition: New. New.. 183 x 130 mm. Language: English . Brand New Book. One recent December, at age 53, John Kralik found his life at a terrible, frightening low: his small law firm was failing; he was struggling through a painful second divorce; he had grown distant from his two older children and was afraid he might lose contact with his young daughter; he was living in a tiny apartment where he froze in the winter and baked in the summer; he was 40 pounds overweight; his girlfriend had just broken up with him; and overall, his dearest life dreams—including hopes of upholding idealistic legal principles and of becoming a judge--seemed to have slipped beyond his reach. Then, during a desperate walk in the hills on New Year s Day, John was struck by the belief that his life might become at least tolerable if, instead of focusing on what he didn t have, he could find some way to be grateful for what he had. Inspired by a beautiful, simple note his ex-girlfriend had sent to thank him for his Christmas gift, John imagined that he might find a way to feel...



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