



## The Gratitude Response: Find True Happiness (Paperback)

By MR Tony Brady

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The Gratitude Response offers you an invitation to open wide the door to happiness and admit more contentment into your life. It encourages you to pause and reflect on the countless reasons for gratefulness that arise from all the supportive people and events of your life. This is your opportunity to express thanks for all the numberless gifts of your life. An attitude of gratitude is an antidote to the mistaken belief that we are entitled as of right to everything we might desire. This false sense of entitlement leads to an endless cycle of discontent. The Gratitude Response gives you an opportunity to break that cycle of restlessness and enjoy the happiness that is the result of gratitude.



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