



100 Things to be Thankful For

Alex Kingman

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Appreciating life is more important than many people realize. In some scientific studies it has even shown to increase lifespan and slow aging. If you want to improve any aspect of your life, then you should try being more thankful. It simply brings a whole new positive perspective on everything. This book has inspired many readers to be focusing on the bright side of life instead of complaining about the shadows.

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