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There is so much to be grateful for . . . and

The benefits of practicing gratitude are nearly endless. People who regularly practice gratitude by taking the time to **notice and reflect** upon the things they're thankful for experience more positive emotions, feel more alive, sleep better, experience more compassion and kindness, and even have stronger immune systems.

Experiencing gratitude increases your happiness.

May all beings dive deep into the experience of gratitude and allow ourselves to receive its endless benefits.

Namaste,
Addie



Josh Groban, *Thankful*