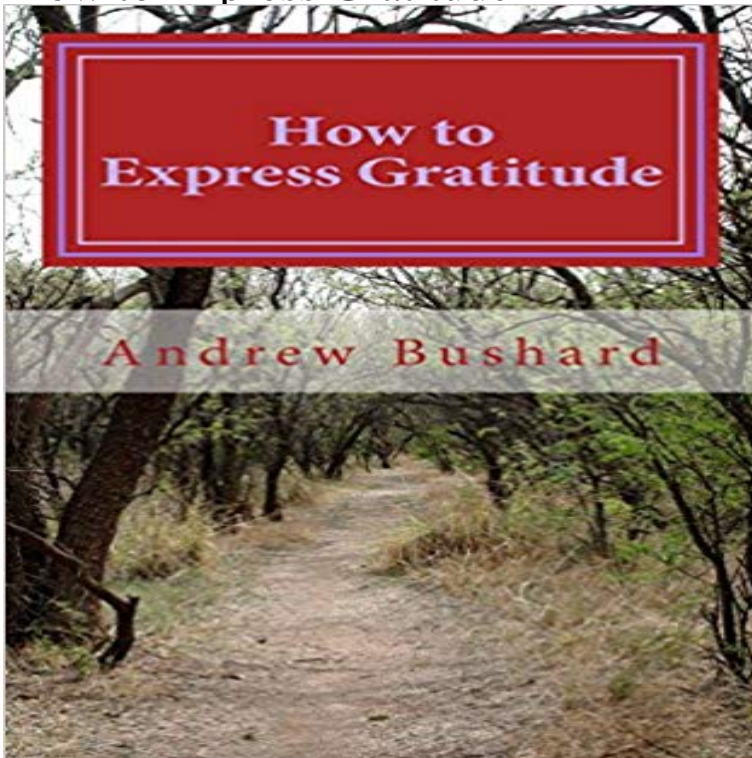


## How to Express Gratitude



Many people talk about the virtue of gratitude, but few truly practice it. So how do we demonstrate gratitude? The answer may not be what you think! This book shows you how to best express gratitude in a dozen different ways. It may not be what you expect! 36 pages.

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and thankfulness are **7 Ways To Express Gratitude Around The World - mindbodygreen** As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. -John F. Kennedy

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