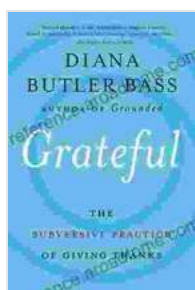


# Grateful: The Subversive Practice of Giving Thanks

In a world that often feels overwhelming and negative, it can be difficult to find things to be grateful for. But as Anne Lamott writes in her new book, *Grateful*, the practice of giving thanks can be a powerful tool for transforming our lives.



## Grateful: The Subversive Practice of Giving Thanks

by Diana Butler Bass

★★★★☆ 4.5 out of 5

Language : English  
File size : 1456 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 247 pages  
Screen Reader : Supported



Lamott, a bestselling author and spiritual teacher, has been practicing gratitude for decades. She has found that it helps her to focus on the good things in her life, to appreciate the people and things she has, and to live a more joyful and fulfilling life.

In *Grateful*, Lamott shares her personal experiences with gratitude, as well as the stories of others who have found healing and hope through the

practice of giving thanks. She also offers practical tips and exercises for readers who want to incorporate gratitude into their own lives.

Lamott writes that gratitude is not about ignoring the bad things in life. It is about acknowledging the good things, even when they are small. It is about finding the light in the darkness, and the joy in the pain.

Gratitude is a subversive practice because it goes against the grain of our natural human tendency to focus on the negative. But it is a practice that can change our lives for the better. As Lamott writes, "Gratitude is a way of saying yes to life, even when life is hard."

## **The Benefits of Gratitude**

There is a growing body of research that shows that gratitude can have a number of benefits for our physical and mental health. These benefits include:

- Reduced stress and anxiety
- Improved sleep
- Boosted immunity
- Reduced pain
- Increased happiness and well-being

Gratitude can also help us to build stronger relationships. When we express gratitude to others, we show them that we appreciate them and that they matter to us. This can lead to increased intimacy and connection.

## **How to Practice Gratitude**

There are many different ways to practice gratitude. Some people find it helpful to keep a gratitude journal, where they write down three to five things they are grateful for each day. Others find it helpful to meditate on gratitude, or to simply take a few minutes each day to reflect on the good things in their lives.

No matter how you choose to practice it, gratitude is a powerful tool that can change your life for the better. As Lamott writes, "Gratitude is the antidote to fear and despair. It is the fuel for joy and resilience."

In a world that is often filled with darkness, gratitude is a light. It is a practice that can help us to focus on the good things in our lives, to appreciate the people and things we have, and to live a more joyful and fulfilling life.

If you are looking for a way to transform your life, I encourage you to pick up a copy of *Grateful* and start practicing the subversive practice of giving thanks.

You can Free Download *Grateful* from your local bookstore or online at Our Book Library.com.

### Additional SEO-Friendly Content

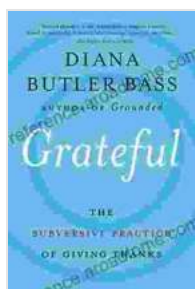
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**\*\*Image Description:\*\*** A woman in a field, looking up at the sky with a grateful expression on her face.

**\*\*Meta Tags:\*\***

**\* \*\*Title:\*\*** Grateful: The Subversive Practice of Giving Thanks \*

**\*\*Description:\*\*** In a world that often feels overwhelming and negative, it can be difficult to find things to be grateful for. But as Anne Lamott writes in her new book, Grateful, the practice of giving thanks can be a powerful tool for transforming our lives. **\* \*\*Keywords:\*\*** gratitude, giving thanks, Anne Lamott, spirituality, personal growth



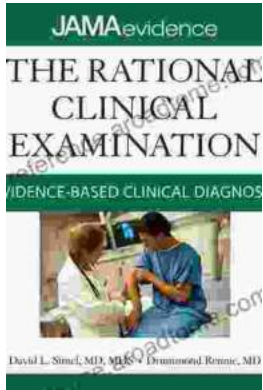
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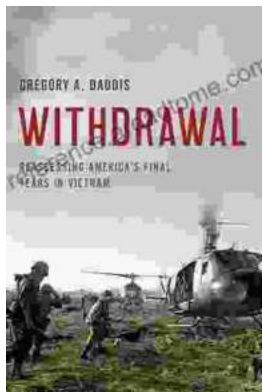
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