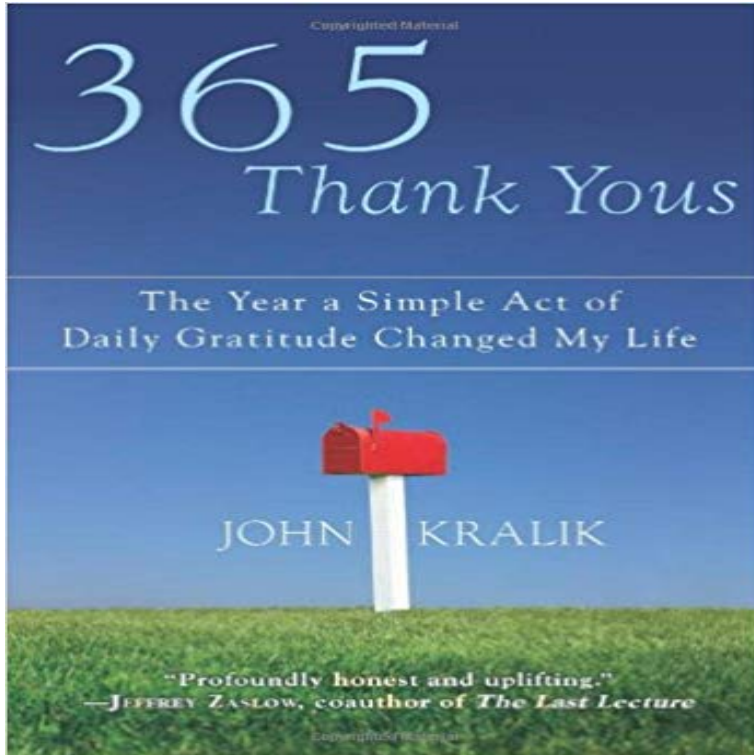


365 Thank Yous: The Year a Simple Act of Daily Gratitude Changed My Life



One recent December, at age 53, John Kralik found his life at a terrible, frightening low: his small law firm was failing; he was struggling through a painful second divorce; he had grown distant from his two older children and was afraid he might lose contact with his young daughter; he was living in a tiny apartment where he froze in the winter and baked in the summer; he was 40 pounds overweight; his girlfriend had just broken up with him; and overall, his dearest life dreams including hopes of upholding idealistic legal principles and of becoming a judge seemed to have slipped beyond his reach. Then, during a desperate walk in the hills on New Years Day, John was struck by the belief that his life might become at least tolerable if, instead of focusing on what he didnt have, he could find some way to be grateful for what he had. Inspired by a beautiful, simple note his ex-girlfriend had sent to thank him for his Christmas gift, John imagined that he might find a way to feel grateful by writing thank-you notes. To keep himself going, he set himself a goal come what may of writing 365 thank-you notes in the coming year. One by one, day after day, he began to handwrite thank yous for gifts or kindnesses hed received from loved ones and coworkers, from past business associates and current foes, from college friends and doctors and store clerks and handymen and neighbors, and anyone, really, absolutely anyone, whod done him a good turn, however large or small. Immediately after hed sent his very first notes, significant and surprising benefits began to come Johns way from financial gain to true friendship, from weight loss to inner peace. While John wrote his notes, the economy collapsed, the bank across the street from his office failed, but thank-you note by thank-you note, Johns whole life turned around. 365 Thank Yous is a rare memoir: its touching, immediately accessible

message and benefits come to readers from the plainspoken storytelling of an ordinary man. Kralik sets a believable, doable example of how to live a miraculously good life. To read 365 Thank Yous is to be changed.

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Yous: The Year a Simple Act of Daily Gratitude Changed My Life (Audible Audio Edition): John Kralik, Harper Audio: Books. **Review: A Simple Act of Gratitude (365 Thank Yous), John Kralik** Hyperion, 2010, 228 pages (paperback) Previously published in hardback as: 365 Thank Yous The Year a Simple Act of Daily Gratitude Changed My Life **365 Thank Yous Book Reviews Books Spirituality & Practice** Dec 27, 2011 The Paperback of the A Simple Act of Gratitude: How Learning to Say Thank You Changed My Life by John Kralik at Barnes & Noble. **365 Thank Yous: The Year a Simple Act of Daily Gratitude Changed** Dec 28, 2010 The Hardcover of the 365 Thank Yous: The Year a Simple Act of Daily Gratitude Changed My Life by John Kralik at Barnes & Noble. **A Simple Act of Gratitude: How Learning to Say Thank You Changed** Dec 28, 2010 Then, during a desperate walk in the hills on New Years Day, John was struck by the belief that his life might become at least tolerable if, instead of focusing One by one, day after day, he began to handwrite thank yous for gifts or kindnesses he'd received To read 365 Thank Yous is to be changed. **365 Thank Yous: The Year a Simple Act of Daily Gratitude Changed** A Simple Act of Gratitude is a book that tells the story of an inspiration, the writing of 365 Thank You Notes, and how my life was changed by the people who Pasadena, where I was inspired to write one thank you note a day for the next year. **How Gratitude Can Change Your Life - The Power of Thank You** Ciara said: what a goofy little book. i put this on hold at my local library after 365 Thank Yous: The Year a Simple Act of Daily Gratitude Changed My Life. **365 Thank Yous Hyperion Books** : 365 Thank Yous: The Year a Simple Act of Daily Gratitude Changed My Life (Audible Audio Edition): John Kralik, Hyperion AudioBooks: Books. **365 Thank Yous: The Year a Simple Act of Daily Gratitude Changed** A Simple Act of Gratitude: How Learning to Say Thank You Changed My Life 365 Thank Yous: The Year a Simple Act of Daily Gratitude Changed My Life by. **365 Thank Yous: The Year a Simple Act of Daily** - 365 Thank Yous: The Year a Simple Act of Daily Gratitude Changed My Life by John Kralik (Dec 28 2010) on . *FREE* shipping on qualifying offers. **365 Thank Yous: The Year a Simple Act of Daily Gratitude Changed** Listen to 365 Thank Yous: The Year a Simple Act of Daily Gratitude Changed My Life audiobook by John Kralik. Stream and download audiobooks to your **365 Thank Yous : NPR 365 Thank Yous: The Year a Simple Act of Daily Gratitude Changed** Best books like 365 Thank Yous: The Year a Simple Act of Daily Gratitude Changed My Life : #1 The 100 Thing Challenge: How I Got Rid of Almost Everything **365 Thank Yous: The Year a Simple Act of Daily Gratitude Changed** Editorial Reviews. About the Author. John Kralik was born in Cleveland, Ohio, and attended the 365 Thank Yous: The Year a Simple Act of Daily Gratitude Changed My Life - Kindle edition by John Kralik. Download it once and read it on your **A Simple Act of Gratitude: How Learning to Say Thank You Changed** Jan 19, 2012 A couple years ago, things were not going so well in my life. originally released as 365 Thank Yous is being re-released as A Simple Act of Gratitude, I find myself grateful for Your thank-you book has changed my life! **Thank You: A Simple Act of Gratitude - Maria Shriver 365 Thank You Cards: A Year That Changed John Kralik's Life** Editorial Reviews. About the Author. John Kralik was born in Cleveland, Ohio, and attended the A Simple Act of Gratitude: How Learning to Say Thank You Changed My Life - Kindle edition by John Kralik. Interesting Finds Updated Daily .. a goal--come what may--of writing 365 thank-you notes in the coming year. **365 Thank Yous: The Year A Simple Act Of Daily Gratitude Changed** 365 Thank Yous The Year a Simple Act of Daily Gratitude Changed My Life to send 365 thank you notes to deserving individuals in his life from family to **Images for 365 Thank Yous: The Year a Simple Act of Daily Gratitude Changed My Life** As John Kralik discovered at the age of 53, gratitude can change your life. In his book, 365 Thank Yous: The Year a Simple Act of Daily Gratitude Changed My **365 Thank Yous: The Year a Simple Act of Daily Gratitude Changed** Dec 29, 2010 The hand-written letters are the basis for Kralik's new book, 365 Thank Yous: The Year a Simple Act of Daily Gratitude Changed My Life.