



31 days to more grateful heart

Dr. Jeanette Johnson

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The benefits of gratitude are innumerable. From greater self-esteem to an increase in energy, the practice of daily gratitude towards self and others is like taking medicine that add years to your life. Dr. Jeanette Johnson along with the bible and a few psychological experts in the field of gratitude help to shape this 31 day journey to a more grateful heart.

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