

DID YOU KNOW?

SIDE EFFECTS OF A GRATEFUL JOURNAL-WRITING HABIT MAY INCLUDE:

- A decrease in your levels of stress and overwhelm.
- An improvement in your social relationships.
- A boost to your self-confidence and self-acceptance.
- Insight into a stronger, more vibrant, more resilient you.

CHALLENGE YOURSELF

Sign up for Lorraine Widmer-Carson's signature workshop:

"Gratitude Trifecta"

Write. Appreciate. Recalibrate.

"Thanks to this series, I now realize that gratitude is the antidote to resentment and can be a superpower in helping one overcome any number of challenges."

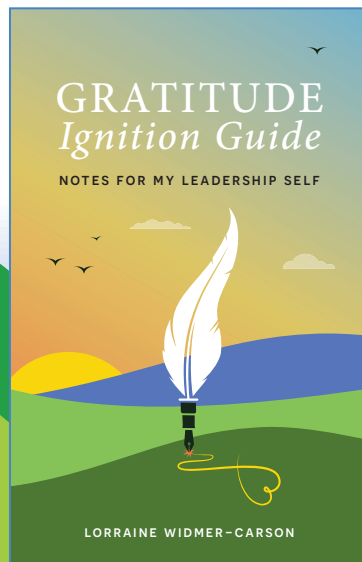
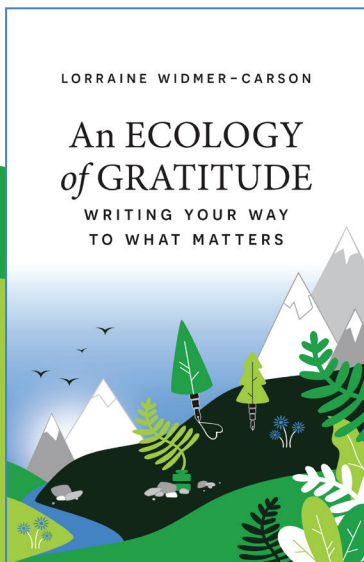
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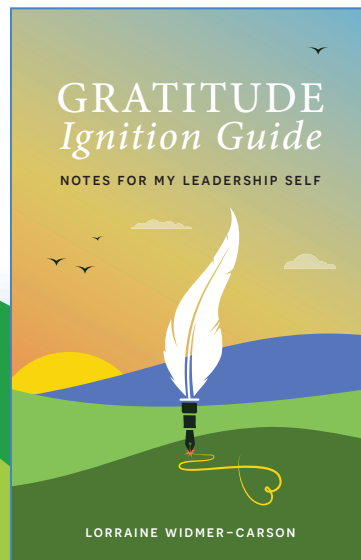
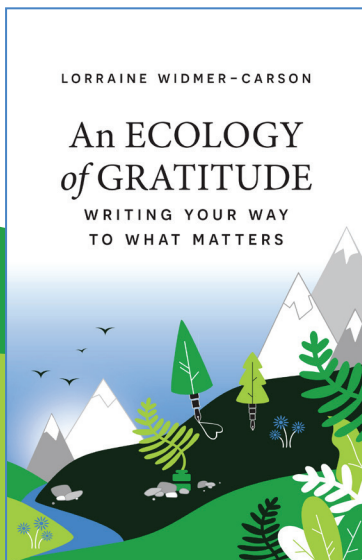
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