



*"Gratitude makes sense of our past,  
brings peace for today, and creates a  
vision for tomorrow"*

[Melanie Beattie](#)



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### How Positive Thinking Builds Your Skills, Boosts Your Health, and Improves Your Work by [James Clear](#)

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Positive thinking sounds useful on the surface. (Most of us would prefer to be positive rather than negative.) But, "positive thinking" is also a soft and fluffy term that is easy to dismiss. In the real world, it rarely carries...

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Joy allows healing, because it removes the stress of grief and pain. Joy displaces anger, because in the joyful moment, we grab the hand of our enemy so they can join us in the dance. How do we model Joy for the people we love? Joy, that over-the-edge state of physical, emotional, intellectual...[Continue reading →](#)

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How about, is the customer always delighted? Always feels that their satisfaction was the reason your enterprise existed? That they were able to get the product or service they wanted and that their lives are better because of you and your....[Continue reading →](#)



## 8 Resources for Good Living

<https://www.psychologytoday.com/basics/gratitude>

<https://www.happier.com>

<http://positivepsychologyprogram.com/learned-optimism/>

<http://www.beyondintractability.org/essay/reconciliation>

<http://www.todoinstitute.org>

<http://respectzone.org/en/>

<http://www.instituteforcivility.org>

<https://www.randomactsofkindness.org>

## Featured Topic

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