

“Gratitude and Prosperity”

Discussion/Study material for the podcast from Sunday 10/08/2017

From May McCarthy’s book “The Path to Wealth,” pages 23-24:

“Gratitude improves emotional and physical health and can strengthen relationships and communities, according to author and researcher Dr. Robert Emmons. In his best selling book *Thanks!*, Dr. Emmons backs up his claim with eight years of intensive research. He found that people who view life as a gift and consciously acquire an ‘attitude of gratitude’ will experience multiple advantages. ‘Gratitude enriches human life,’ he writes. ‘It elevates, energizes, inspires and transforms. People are moved, opened and humbled through expressions of gratitude.’”

Discussion/Study Questions:

1. Why is keeping a gratitude journal a good thing? What are some of your experiences around keeping one?
2. What are some of the ways we can express our gratitude?
3. Has gratitude enriched your life?