



## A Ppreciation B Lessings and C Ompliments: Positive Thoughts. Positive Actions. Positive Feelings. Positive Life

By Phd Dr Rowena Shaw

Lulu Publishing Services, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.More than three decades of professional experiences as counselor and school psychologist guided Dr. Rowena Shaw to focus on the theme of positivity in her work with youngsters and adult clients. The goal of maintaining a healthy cycle of Positive Thoughts-Positive Actions-Positive Feelings-Positive Living is consistently emphasized in her practice. An essential component of a positive life is gratitude. Sincere appreciation and thankfulness for daily blessings and the goodwill of others create a purposeful sense of happiness. In turn, joyful feelings generate grateful sentiments.



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