

## Links to Nourish the Soul



### The Magic of Being Human

Peter Crone inspires as he reflects on all of us being living miracles.

### Denzel Washington's Famous "Thank You" Speech

The "thank you" speech has been reduced to 5 minutes on several postings. This is the complete speech that is worth your time.

### Good Think Founder Shawn Achor

Watch for a hilarious discussion on positive psychology and how this approach to life can bring meaningful change.

### Begin the Day Well

Morning habits to enhance your quality of life, which determines your perspective.



### A Funny Truth



## Good Things Come in Threes



Dr. Kathline Colvin is the Founder and Director of Pacifica Psychological Services, based in Newport Beach, California. She offers a specialized practice for creative and performing artists. In two of her posted blogs, she explains the three stages of gratitude and how the practice of gratitude can be life-changing.

The first stage of this practice is feeling grateful for the good things in your life. An example offered is a doctor telling you that you might have a disease with a poor prognosis and the tests come back negative. To make this more than a fleeting moment, you can have a lasting attitude of gratitude. Dr. Colvin writes that keeping a brief journal is all it takes to create the attitude of gratitude, which can lead to lifelong health benefits.

Dr. Colvin writes that the second stage, expressing your gratitude to those who help enrich your life, can be more difficult. This is due to many finding it hard to be so open with others, feeling vulnerable in the process. However, this can be a bonding experience and bonding with others is a key trait of happy people. Bonding is the opposite of loneliness and isolation, which can compromise your health and lead to a higher mortality risk.

The third stage is adopting new behaviors as a result of interacting with those who helped you along the way. Dr. Colvin writes this can be the most powerful stage because it can change your future. This practice of gratitude can lead you to be less judgmental and more sympathetic, having a greater appreciation of life. This can be the basis for years of positive reinforcement, adopting gratitude as your default position. This triggers your brain to distinguish that positive input outweighs negative input. Being consistent with an attitude towards gratitude, in turn, leads to positive brain changes over time.

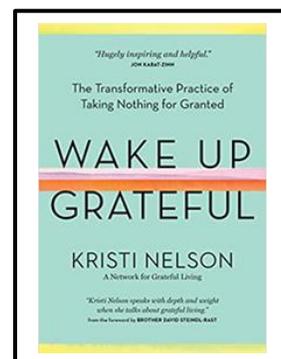
Dr. Colvin concludes the way of gratitude is a natural path to wholeness because it affects body, mind, and spirit. To read more, go to Dr. Colvin's blog on [The Three Stages of Gratitude](#) and [How to Cultivate Gratitude](#).

### The Winner's Corner



Daina Moran wins this month's self-care gift card!

### Book Club



Kristi Nelson writes on never taking life for granted!