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LOZANO MILA

The Little Book of Gratitude Simon and Schuster

Gratitude is the simple, scientifically proven way to increase happiness and encourage greater joy, love, peace, and optimism into our lives. Through easy practices, such as keeping a daily gratitude journal, writing letters of thanks, and meditating on the good we have received, we can improve our health and wellbeing, enhance our relationships, encourage healthy sleep, and heighten feelings of connectedness. Easily accessible and available to everyone, the practice of gratitude will benefit every area of your life and generate a positive ripple effect. This beautiful book, written by Dr Robert A Emmons, Professor of Psychology at UC Davis, California, discusses the benefits of gratitude and teaches easy techniques to foster gratitude every day.

The Little Book of Gratitude Thomas Nelson Inc

This sweet picture book about being thankful is a great way to celebrate Thanksgiving with the youngest readers! Thanksgiving is about pilgrims and history--and turkey, of course!--but most importantly, it's a holiday all about everything that we are thankful for. Cheerful, colorful illustrations accompany the simple text in this celebration of family, friends, and the holiday that brings them all together. A great introduction to the concept of giving thanks and appreciating every day things.

Peppa Pig and the Day of Giving Thanks Little Simon

In this remarkable author-illustrator debut that's perfect for fans of Last Stop on Market Street and Extra Yarn, a generous woman is rewarded by her community. Everyone in the neighborhood dreams of a taste of Omu's delicious stew! One by one, they follow their noses toward the scrumptious scent. And one by one, Omu offers a portion of her meal. Soon the pot is empty. Has she been so generous that she has nothing left for herself? Debut author-illustrator Oge Mora brings to life a heartwarming story of sharing and community in colorful cut-paper designs as luscious as Omu's stew, with an extra serving of love. An author's note explains that "Omu" (pronounced AH-moo) means "queen" in the Igbo language of her parents, but growing up, she used it to mean "Grandma." This book was inspired by the strong female role models in Oge Mora's life.

A Little Book of Thank Yous Thomas Nelson

Grandma's love is the best kind of love! And nothing is more special than time together, whether you're making cookies, playing games, or just cuddled up. Precious Moments Little Book of Grandma's Love celebrates the special connection grandmothers share with their grandchildren and features classic Precious Moments art; sweet, rhyming text; and Scripture. Time with Grandma is always fun! And what could be more fun than snuggling close and reading together about all the reasons grandmas and grandchildren love each other so very much? From gardening together to playing games to that special hug that only Grandma can give, you'll love seeing all the ways a grandma's love is so unique. Through the classic Precious Moments® artwork, fun poems, sweet prayers, and Bible verses, Precious Moments Little Book of Grandma's Love will remind your favorite grandma and her grandchildren that only God gives the gift of grandma's love.

The Little Book of Big Change National Geographic Books

Inspire little ones to pray with this Precious Moments® themed book of prayers. Prayers of thanks, prayers of praise, prayers for school, for mealtime, for bedtime—boys and girls are sure to discover prayers that will become lifetime favorites. Featuring adorable Precious Moments characters, this case-bound, padded board book will be a cherished addition to any child's library. Children will be drawn to the soft, inviting illustrations, and parents will appreciate the heartfelt prayers and the scriptures from the International Children's Bible®. Since 1978, Precious Moments has grown into an evergreen brand recognized worldwide, with more than 14.5 million books and Bibles sold through Thomas Nelson.

An Awesome Book of Thanks! Little Quote Books

Now in paperback, a moving contemporary middle-grade novel for anyone who's ever felt like they don't belong Brian has always been anxious, whether at home, or in class, or on the basketball court. His dad tries to get him to stand up for himself and his mom helps as much as she can. But after he and his brother are placed in foster care, Brian starts having panic attacks. And he doesn't quite know if there's something wrong with him . . . Ezra's always been popular. He's friends with most of the kids on his basketball team—even Brian, who doesn't talk to many people. But now, some of his friends have been acting differently, and Brian seems to be pulling away. Ezra wants to help, but he worries if he's too nice to Brian, his friends will realize that he has a crush on him . . . But when Brian and his brother run away, Ezra has no choice but to take the leap and reach out to Brian. And Brian realizes that he could really use a friend right now. As the two get closer, they'll have to decide if they're willing to risk being vulnerable with each other and share parts of themselves they'd rather hide from the world. But if they can be brave, they might just find the best in themselves—and each other. With a lively voice and moving story, Thanks a Lot, Universe is about finding your community and learning to trust your heart.

Precious Moments Little Book of Grandma's Love Penguin

Collects prayers in verse, children's poems, and quotations from scripture to read with children at bedtime.

Thanksgiving Is for Giving Thanks! HarperCollins

A unique story about first—and last—loves from the celebrated and bestselling author of We All Looked Up. Parker Santé hasn't spoken a word in five years. While his classmates plan for bright futures, he skips school to hang out in hotels, killing time by watching the guests. But when he meets a silver-haired girl named Zeld Toth, a girl who claims to be quite a bit older than she looks, he'll discover there just might be a few things left worth living for.

The Little Book of Gratitude Two Lions

Raffi's beloved song about gratitude is available for the first time in a board book edition that readers will treasure. As a little boy explores his neighborhood, he takes time to appreciate it--the sun in the sky, the birds in spring, and the wonder within him. Raffi's popular and catchy song encourages mindfulness and gratitude in kids for their worlds, their families, and themselves. Adorable illustrations by Jaime Kim are just right for bringing this timely and timeless story to the littlest readers.

Thank You Gaia

With inspiring words of gratitude, this tiny book with a great big message, helps us recognize the people who make our lives brighter and our hearts lighter. Enlightening quotes and short writings paired with adorable animal photos provide the perfect way to acknowledge everyone who makes a difference: a parent, friend, sibling, spouse, colleague, teacher, mentor, or anyone else who has enriched your life. Filled with page after page of inspiring and humorous photos, this gift will show the people who matter just how much you care.

Precious Moments: Little Book of Prayers Quadrille Publishing

Todd Parr's beloved Thanksgiving classic celebrating all of the things there are to be grateful for in a kid's life is now a board book! I am thankful for music because it makes me want to dance. I am thankful for my feet because they help me run and play. I am thankful for kisses because they make me feel loved. The perfect book to treasure and share around the holidays and throughout the year is now available as a board book! Todd Parr's bestselling books have celebrated Valentine's Day, Earth Day, and Halloween, teaching kids about unconditional love, respecting the earth, and facing fears, all with his signature blend of playfulness and sensitivity. The Thankful Book celebrates all the little things children can give thanks for. From everyday activities like reading and bathtime to big family meals together and special alone time between parent and child, Todd inspires readers to

remember all of life's special moments.

Thank You, Tree Houghton Mifflin Harcourt

"The Little Book of Positivity" is your pocket-sized guide to infusing your life with joy, resilience, and gratitude. Packed with practical tips and uplifting insights, this book will empower you to cultivate positivity and create a more fulfilling life. Discover the transformative power of positive emotions, learn to navigate challenges with grace, and embrace the beauty of everyday moments. Let this little book be your companion on the journey to a brighter, happier you.

Sallie Bee Writes a Thank-You Note CICO Books

A Thankful Heart is a Happy Heart Saying "thanks" has no downside. Write it, message it, shout it from the rooftops—it's good for the one who hears it and better for the one who says it. Discover the power of words and the wonder of kindness. Express gratitude, receive abundance. Saying thanks can improve outlooks, open new vistas, and help us get along better with ourselves and others.

Author Addie Johnson offers us gratitude thoughts to grab on the run or to sit with and ponder. She describes thank you messages and moments of soaring gratefulness and sets out to teach herself—and her readers—how to say thank you. A Little Book of Thank Yous is a small book with a great big heart. We all have things to be grateful for. From Winston Churchill to Barack Obama, from Shakespeare to Virginia Woolf to Meister Eckhart, Johnson draws on people from all walks of life—all of them saying "Thank you." In this book, discover: • Words of gratitude from historic figures and everyday people • Mini-meditations on being grateful • Thank you letter examples for almost any occasion Readers of inspirational books like I Really Needed This Today, I've Been Thinking, or The World According to Mister Rogers will love A Little Book of Thank Yous.

[The Little Book of Joy](#) Candlewick Press

Little changes can make a big, big difference! In *The Little Book of Big Change*, psychologist Amy Johnson shows you how to rewire your brain and overcome your bad habits—once and for all. No matter what your bad habit is, you have the power to change it. Drawing on a powerful combination of neuroscience and spirituality, this book will show you that you are not your habits. Rather, your habits and addictions are the result of simple brain wiring that is easily reversed. By learning to stop bad habits at the source, you will take charge of your habits and addictions for good. Anything done repeatedly has the potential to form neural circuitry in the brain. In this light, habits and addictions are impersonal brain wiring problems that result from taking your habitual thinking as truth, and acting on that thinking in the form of doing your habit—over and over. This book offers a number of small changes you can make in your everyday life that will help you stop your bad habit in its tracks. If you want to understand the science behind your habit, make the decision to end it, and commit to real, lasting change, this book will help you to finally take charge of your life—once and for all.

My Book of Thanks Abrams

"Fiona Lee's charming illustrations invites little ones to celebrate a wonderful tree, learn its name, and say thank you for the tree's joyful, natural gifts"--

Mary Engelbreit's Little Book of Love Gaia

Do you want to teach your children how to be grateful for the things they already have? Little Betsy will learn that happiness is made up of simple things in life, both small and big. With the help of the magic stone, she will begin to feel gratitude for her parents, friends, and toys. But what happens when little Betsy forgets to use the magic of her stone? She will realize that the power of gratitude is hidden in her heart. "Gratitude is my superpower" will teach your little ones to appreciate the

warmth of home, time spent playing with friends, and family relationships. This book will help your kids in many ways: they will focus on the blessings they receive every day, they will begin to appreciate what others do for them, they will feel true happiness when they realize that they have everything they need. Practice Daily Gratitude Also included Gratitude Journal to improve happiness and gain a new appreciation for your life and life or your children. --- "Gratitude's in all of us and all we have to do, is stop and think how thankful we are, instead of feeling blue!" --- From the bestselling author of *Kindness is my Superpower* This lovely story is filled with charming illustrations and touching rhymes. With this book, you will spend perfect moments with your child. "Gratitude is my superpower" is suitable for kids, their parents, and those who work with children. Get your copy now!

[Gratitude is My Superpower](#) National Geographic Books

A celebration of the power of gratitude and how it can change your life and that of everyone around you. Can being more grateful change your life? Ongoing research suggests that it does. Practicing gratitude has a positive impact on the brain and changes the way we feel about the world and each other. Gratitude extends far beyond the ritual of sharing gifts or saying thank you. It is a form of recognition—a way of appreciating the kindness, beauty, and wonder that life has to offer. Gratitude connects us to one another and to the world we live in. It increases our wish to nurture, help, and protect one another, and increases our sense of belonging. In *Thank You: A Little Book of Gratitude*, you will find practical and conscious ways to embrace gratitude that have lasting meaning, from creative ways to turn a simple thank you into a heartfelt gift to strategies to help us to see life with brighter eyes. Try keeping a gratitude journal, whether on paper or using an app, or making a gratitude altar. Discover meditations to end your day on a grateful note and to help you find your way back to thankfulness when times are hard. You will soon find that gratitude becomes a way of life and will reap the benefits, both emotional and physical.

The Thankful Book Disney Electronic Content

All aboard! This book is the perfect gift to say thanks: for the big things, the small things, and everything else along the way. This special gift book, complete with beautiful illustrations and timeless messages of thanks and appreciation, is the perfect way to tell a loved one: "Thank you." Show your teachers and all the special people in your life how much you appreciate them in this colorful book of thanks featuring *The Little Engine That Could*.

[Thank You, Lord, For Everything](#) HarperCollins

Gratitude is the simple, scientifically proven way to increase happiness and encourage greater joy, love, peace, and optimism into our lives. Through easy practices such as keeping a daily gratitude journal, writing letters of thanks, and meditating on the good we have received, we can improve our health and wellbeing, enhance our relationships, encourage healthy sleep, and heighten feelings of connectedness. Easily accessible and available to everyone, the practice of gratitude will benefit every area of your life and generate a positive ripple effect. This beautiful book discusses the benefits of gratitude and teaches easy techniques to foster gratitude every day. It also includes an 8-week gratitude plan.

[The Little Book of Loss & Grief You Can Read While You Cry](#) Mango Media Inc.

Whether you pay someone a compliment or surprise a colleague with a pick-me-up coffee at lunchtime, even the smallest gestures have the power to make a big difference. *The Little Book of Kindness* will help you introduce small acts into your daily routine. A little kindness goes a long way!

Best Sellers - Books :

- [Meditations: A New Translation](#)
- [Icebreaker: A Novel \(the Maple Hills Series\)](#)
- [Twisted Lies \(twisted, 4\)](#)
- [The 5 Love Languages: The Secret To Love That Lasts By Gary Chapman](#)
- [If He Had Been With Me By Laura Nowlin](#)
- [Spare](#)
- [Brown Bear, Brown Bear, What Do You See?](#)
- [Leigh Howard And The Ghosts Of Simmons-pierce Manor By Shawn M. Warner](#)
- [Verity](#)
- [The Light We Carry: Overcoming In Uncertain Times](#)