



## Stop-Look-Go: A Grateful Practice Workbook and Gratitude Journal

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# Stop-Look-Go: A Grateful Practice Workbook and Gratitude Journal

## Stop-Look-Go: A Grateful Practice Workbook and Gratitude Journal

Experience the joy of grateful living through practical instructions, exercises and essays. Using the STOP, LOOK, GO technique gratefully borrowed from Br David Steindl-Rast, the book offers 32 exercises that explore all aspects of grateful living. From the foundations of gratefulness to being grateful in hard times, this workbook provides the building blocks to a grateful life. In addition there is a Gratitude Journal.

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