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365 Thank Yous: The Year a Simple Act of Daily Gratitude Changed My Life

By John Kralik

Hyperion. Hardcover. Book Condition: New. Hardcover. 240 pages. Dimensions: 7.4in. x 5.2in. x 0.9in. One recent December, at age 53, John Kralik found his life at a terrible, frightening low: his small law firm was failing; he was struggling through a painful second divorce; he had grown distant from his two older children and was afraid he might lose contact with his young daughter; he was living in a tiny apartment where he froze in the winter and baked in the summer; he was 40 pounds overweight; his girlfriend had just broken up with him; and overall, his dearest life dreams--including hopes of upholding idealistic legal principles and of becoming a judge--seemed to have slipped beyond his reach. Then, during a desperate walk in the hills on New Years Day, John was struck by the belief that his life might become at least tolerable if, instead of focusing on what he didnt have, he could find some way to be grateful for what he had. Inspired by a beautiful, simple note his ex-girlfriend had sent to thank him for his Christmas gift, John imagined that he might find a way to feel grateful by writing thank-you notes. To keep himself going,...



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