



Did you know that GRATITUDE...

- reduces toxic emotions?
- changes the molecular structure of the brain?
- reduces stress?

Check out one (or both) of the following videos to see how regularly expressing thanks can change your life for the better:

<https://youtu.be/JMd1CcGZYwU>

<https://www.youtube.com/watch?v=sCV-mEsASLA&t=5s>

