

Gratitude Precedes Happiness

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Synopsis

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What if I tell there is a solution to your daily stress that is simple and doable and it will cost you no money but changing your mindset regarding how you see things in your life? It is called gratitude! Being thankful for what you have and equally important of what you don't have that can ruin your life physically and mentally. There are several studies which demonstrate that individuals who practice the appreciation of whatever small things they possess have a better life in general and are more content and satisfied. And that ultimately leads to happier life. That does not mean you become less ambitious or that you do not strive for more accomplishments in your life, but balancing your expectations and the outcome of what you try to achieve is very critical to your health. There is a strong correlation between gratitude and well-being, and there are simple steps to follow and practice to achieve it.

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