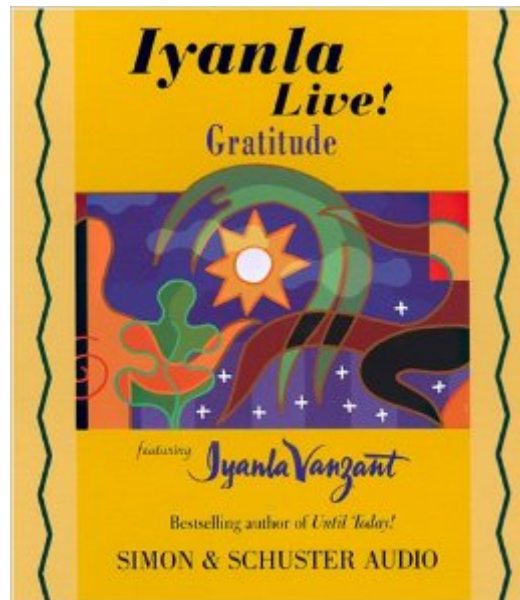


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# Iyanla Live Gratitude



## Synopsis

In this live recording Iyanla Vanzant explores the principle of Gratitude. When we are too busy "doing, we forget to be truly grateful. She urges us to "get grateful" for the gift of life so that we may live our lives with joy. Iyanla challenges us to examine our individual notions of gratitude so that we practice gratitude not as a mere word or gesture. We must understand that true gratitude is an ongoing experience. Iyanla reminds us that when we're grateful, we want what we have, knowing that something better is on the way. Get grateful!

## Book Information

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