

.....Press Release.....

Have you woken up with an *Attitude of Gratitude*?

“Liggy Webb has written a powerful book that shows you how to enjoy becoming a better person.” - **Edward de Bono**

“This is a powerful ,stimulating and inspirational book. I loved it and it will enhance countless lives with joy and happiness, mine included.”

Richard Denny

“Here is a book that takes what is so often a perfunctory phrase and distills from it an essence you’d not believe.” - **James Clarke**

Would you like to be happier, healthier, more positive and motivated in life?

Research has indicated that people who practice gratitude on a daily basis are capable of being 25% happier. The great news is that we all have the opportunity to make ourselves happier in life; it is something that is totally within our power.

Granted, we may not always be able to control what happens to us but we can choose the way we react to things. There are so many ways that we can appreciate our lives more even in the most challenges times. In every difficult situation lies opportunity.

Whether you are an optimist or a pessimist may not affect the outcome but the appreciative optimist will have a far happier, more positive time than the pessimistic Doom Goblin!

Thank You is your guide to appreciating life and will help you to make the very best of what you have and who you are. The book is filled with inspirational quotes, anecdotal uplifting stories, research, tips, advice and a gratitude journal to help you to develop a more positive approach to your life.



The new book *Thank You* by Liggy Webb is out in November for more information visit <http://www.liggywebb.com/books> ...*the best gift you can give is gratitude!*
E Mail info@liggywebb.com for more information and FREE Happiness Toolkit .