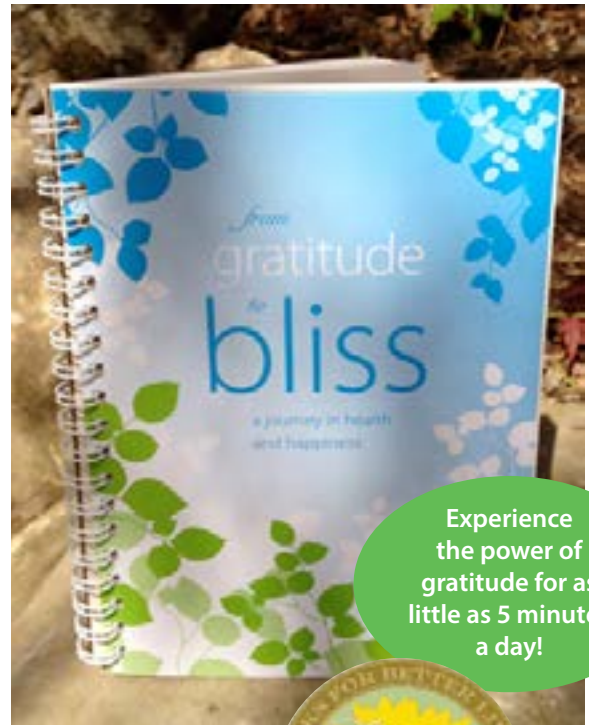


Introducing...

from  
gratitude  
to  
bliss

a journey in health  
and happiness



**2012 Living Now Book Awards Gold Winner** “celebrating the innovation and creativity of newly published books that enhance the quality of our lives.”

**Discover how powerful a daily gratitude practice can be for creating greater health and happiness with this magical little journal from Nourish By Nature, Inc.**

Created by an Integrative Nutrition Health Coach, *From Gratitude to Bliss* is the only journal of its kind to take users on a journey of health and healing through gratitude. Whether one struggles with physical or emotional challenges, or simply wants to find more joy in life, *From Gratitude to Bliss* provides the perfect introduction to a sacred healing practice that spiritual and non-spiritual people alike are embracing worldwide.

“When I journal, I feel incredibly connected to my core and the universe simultaneously. I have been happier since I started the journal than I have been in years. **I literally feel like I am radiating joy...** I truly feel blessed in my life and in the fact that the universe steered me toward your journal. I am so much better for it.”

—Erin, *From Gratitude to Bliss* Journal User

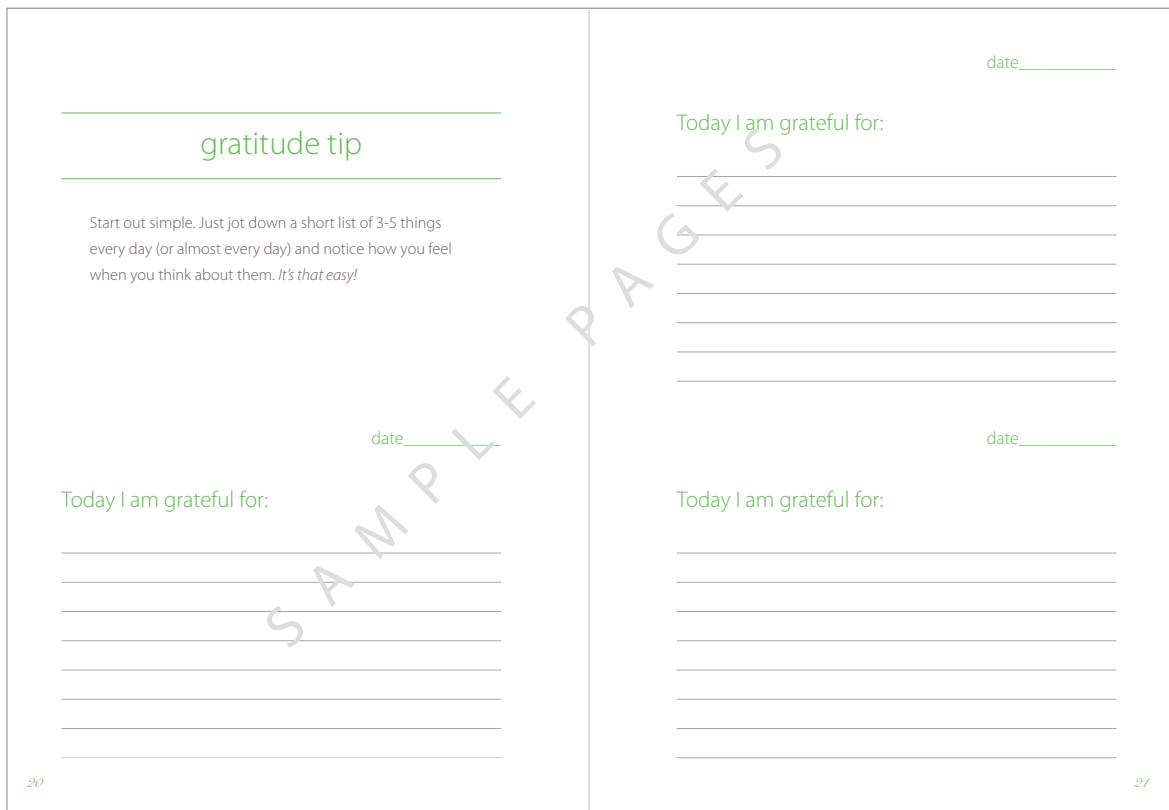
In *From Gratitude to Bliss*, Lorraine Miller, provides a step-by-step guide to incorporating a simple, yet powerful gratitude practice into your daily life. With twenty-two weeks of journaling space, along with inspiring tips and a special gratitude meditation, this journal helps users keep a positive mind-set, balance the effects of stress, reduce anxiety, nourish inner beauty, and set intentions for living one’s own version of bliss.

Love life every day. [GratitudeToBliss.com](http://GratitudeToBliss.com)

"I started my gratitude journal and could not believe how many negative thoughts I was having on a daily basis. I have always had a desire to get rid of my anxiety and depression however I never knew how to do this – despite years of formal therapy. **This journaling was significant for me** because it showed me that I had all that I needed right before me. Everything else was just trivial stuff. My depression/fog has lifted and for the first time in many years I feel alive and with happy, positive energy."

-Jamie, *From Gratitude to Bliss* Workshop Participant

*From Gratitude to Bliss* is printed in the U.S.A. on FSC-Certified recycled paper by **Print for Change**, a company on a mission to feed starving children. Print for Change does this by providing the very best printing in the industry for an extremely competitive rate and applying 50% of all profits made from this service towards feeding children in the poorest country in the western hemisphere—Haiti—a country where 1 in 8 children will die by the age of 5 from curable or treatable diseases, many of which are caused by unclean water and lack of nutrition.



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# Scientific Findings on the Power of Gratitude

**Robert Emmons, PhD, Professor, UC Davis, and author of *Thanks! How the New Science of Gratitude Can Make You Happier* has found...**

“Simply engaging in thoughts of gratitude and appreciation can lower the stress hormone cortisol by 23 percent after just 30 days of practice.”

“We found that when people chronically focus on what they have to be grateful for, a shift, a transformation in their awareness occurs where they become somewhere between 20-25% happier.”

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**The HeartMath Institute in Boulder Creek, CA has reported that people who engage in thoughts of gratitude and appreciation experience the following**

- Smoother heart rhythms resulting in improved heart-brain communication
- Decrease in cortisol and other stress hormones
- Increase in body’s immune response as indicated by an increase in immunoglobulin, a powerful antibody that protects from viruses
- Increase in the anti-aging hormone DHEA which is present when we experience deep relaxation as during a massage or acupuncture session

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**Jeffrey Froh, PsyD, Assistant Professor in the Department of Psychology at Hofstra University is studying the effects of gratitude on youth and reports...**

“In our research we’ve found that grateful kids tend to be much happier than their less grateful counterparts. They are much more satisfied with their lives, they tend to be more pro-social, and they tend to report more meaning in life... They also report better GPA’s. They report much better, stronger and more supportive relationships ... more community involvement and a real desire to use their strengths to better their neighborhood... They also report being less delinquent, meaning they are less likely to cheat on exams, less likely to skip school, less likely to have been suspended or expelled.”

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**Alex Wood, one of the leading gratitude researchers, asked a phenomenal question:**

“Why do grateful people feel grateful?”

The answer was that they think differently when they receive a benefit.

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***From Gratitude to Bliss: A Journey in Health and Happiness*** was created as a tool to help reprogram thought patterns and bring greater positivity and wellbeing to the user. Practicing gratitude for as little as five minutes a day over 21 days or more can have profound effects on a person’s outlook on life and ability to reduce stress and experience joy.

# Let *From Gratitude to Bliss* bring you

## joy...

"*From Gratitude to Bliss* is a **brilliant** reminder that our true happiness will not come from outside of us, but only from an expression from deep within our true nature. It is our nature to be joyful for no particular reason. To discover this joy, you must walk daily through the door of gratitude. Let *From Gratitude to Bliss* be your road map to joy!"

–*Dr. John Douillard, Lifespa.com*

## health...

"We're all on this journey of health and happiness together. Practicing gratitude is food for the soul. It enhances our awareness and appreciation for life. *From Gratitude to Bliss* is **the perfect tool** to help you experience the 'magnitude of gratitude' by developing a regular practice, from setting an intention to experiencing the pure and powerful results."

–*Joshua Rosenthal MScEd, Founder and Director, Institute for Integrative Nutrition*

## healing...

"*From Gratitude to Bliss* offers a journey within a journey. We live in challenging times with high expectations of what life is meant to be. We often lose sight of what is so abundantly flowing to us. Lorraine Miller has created a simple, elegant tool that has profound, life-changing potential. We are, so many of us, too low in our levels of 'Vitamin G' – an essential nutrient for healing our sorrows and disappointments; for seeking out joy and wholeness; for moving forward in our lives and our inner journeys as we seek to connect with our highest selves and find our ultimate purpose. For yourself first. Then, for anyone you care about, minister to, coach, work with and love – **this journal is a must!**"

–*Marilena Minucci MS CHHC, Creator Quantum Coaching Method™*

## spiritual connection...

"I believe that Gratitude is the **ONLY attitude**. *From Gratitude to Bliss* helps readers reconnect with the most sacred spiritual practice."

–*Gabrielle Bernstein, Bestselling Author of Spirit Junkie and Add More ~ing To Your Life*

## inner beauty...

"*From Gratitude to Bliss* is my **#1 beauty tool!** True beauty comes from a heart that lives to give back, and a grateful heart makes for a beautiful face. I've enjoyed making it a habit to note the things I'm grateful for each day, reminding myself that all good gifts come from Above. Gratitude is a lifestyle that fosters beauty, and choosing it daily will make you glow from the inside out. This journal is my latest beauty must-have! I recommend it to every woman who wants to live a life of true beauty."

–*Cortney Renee, Actress, Model, and Philanthropist, CortneyRenee.com*

## insight...

"As a spiritual teacher, I find gratitude to be **the most accessible healing tool**. As you focus on what you are thankful for each day, you begin to notice more and more the positive things going on in your life. It's a quick transformational process that opens your heart and your intuition. You begin to see and attract all the situations that you want and you receive more of this good in your life. *From Gratitude to Bliss* is a reminder and place to keep track of all this gratitude in our lives."

–*Tori Quisling, Clairvoyant Practitioner, yourpsychicself.net*

# From Gratitude to Bliss is for...

## body awareness...

**"From Gratitude to Bliss** is an incredible healing tool that I use with my clients in my Body Wisdom program to help them cultivate a positive body image and outlook. It is all too easy to focus on what isn't working and what isn't good enough. When we take that moment to reflect and feel all the goodness that we have experienced, our focus shifts and expands. I find it a lot easier to appreciate what our bodies do for us and honor it with kindness. I am so grateful to Lorraine Miller for sharing her inspiring story and creating *From Gratitude to Bliss*."

**-Erena DiGonis, LMSW, CHC, [www.ErenaDiGonis.com](http://www.ErenaDiGonis.com)**

## mood-building...

"When dealing with intense negative emotions, anxiety, depression, and mood disorders, we often forget to be joyful and grateful for everyday life. **From Gratitude to Bliss** is a great tool that takes readers on a journey of emotional healing. By starting small, those who never experienced gratitude or those who are so emotionally drained, are able to connect and pull out a few things a day to be grateful for. Throughout their journey, being grateful not only becomes easier, but true healing starts to happen and it's magical!"

**-Lindsey Smith, "The Food Mood Girl," [www.thefoodmoodgirl.com](http://www.thefoodmoodgirl.com)**

## wellness...

**"From Gratitude to Bliss** is a perfect gift, not only to give to others but a treat for yourself. My own journey of healing and wellness has come from a practice of being grateful – grateful for where I've been, the experiences along the way and the journey ahead. This little gem of a book has provided the perfect place for me to easily and peacefully re-connect to all that I am, all that I have and all that I can give. Gratitude allows for our stresses to release, for our mind to quiet and for our body and spirit to be at peace. Ultimately, as Lorraine teaches, it leads to Bliss."

**Jodi Briden, CHHC, AADP, [www.yourwellnesspartner.org](http://www.yourwellnesspartner.org)**

## empowerment...

"Practicing daily gratitude lifts you up out of your world, with all its "problems" and "troubles" and gives you the power to create a better life. You see, we create our reality through our thoughts. Thoughts empowered with gratitude, reveal the beauty around you and within you. Obstacles become opportunities. Anger becomes love. Fear becomes a challenge to move beyond. **From Gratitude to Bliss** empowers you to trust, love and create a better world for you and others. Fuel your day with the power of Vitamin G and experience a more loving, gentle world."

**-Laurie Erdman, [www.chronicwellnesscoaching.com](http://www.chronicwellnesscoaching.com)**

## thriving...

"So simple yet so powerful! **From Gratitude to Bliss** creates an easy way to bring more joy into your life by mindfully creating awareness for all the good in your life. We take so much for granted until we are reminded on each page to take notice of all life has spread out before us. I, for one, am grateful for this beautiful tool that I use daily and also share with my clients because I know how vital Vitamin G is for thriving."

**-MaryAnn Jones, Certified Health Coach and Holistic Nutritionist, [ThriveNaturally.com](http://ThriveNaturally.com)**

## About Lorraine Miller

Lorraine Miller is the founder and creator of **GratitudeToBliss.com**, a gratitude resource for those looking to improve their health and happiness by developing a more positive mindset and living a more grateful lifestyle. She is a gratitude writer, speaker and coach and has been focused on natural health for over twenty years.

Lorraine is the author of the award-winning journal, *From Gratitude to Bliss: A Journey in Health and Happiness*, the award-winning book, the *Bliss Cleanse: Your Two-Week Guide to Greater Health and Happiness*, and the creator of the 30-day mobile app, *From Gratitude to Bliss*. Her latest book, *Today I Am Grateful: Adventures in Gratitude* features gratitude activities for children and tips for parents.

Lorraine holds a BS in Business and Economics from Lehigh University, a BFA in Graphic Design from the School of Visual Arts, a Certificate in Acupressure and Shiatsu from the Acupressure Institute, a Certificate in Foot Reflexology from the New York Open Center and a Certificate in Health Coaching from the Institute for Integrative Nutrition.



She has served as a Nutrition Coach Volunteer at You Can Thrive: Breast Cancer Survivorship Center and is a former Co-Leader of Holistic Moms' Nassau County, North Shore, Long Island Chapter.

Lorraine lives with her husband and young son on the north shore of Long Island, just outside New York City.

Lorraine inspires groups large and small at conferences, corporate events, wellness retreats, support groups, yoga studios, and schools. Please contact Lorraine by visiting <http://gratitudetobliss.com/contact-us/>

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## About the Journal

Lorraine Miller created *From Gratitude to Bliss* as part of the **Gratitude to Bliss Project: An Exploration in Health and Happiness**, where she pledged to inspire 100 or more people around the world to experience the power of gratitude in their lives. Initial response to the project was overwhelming with well over 100 people across 15 countries and 6 continents participating and reporting profound results.

The project was inspired by a 60-Day Challenge from the Institute for Integrative Nutrition to help create a ripple effect of health and happiness around the world. Having experienced firsthand the amazing transformational power of gratitude, Lorraine's intention for the *Gratitude to Bliss* journal is that it inspire millions around the world to enjoy more healthy, happy, peaceful living! Visit **GratitudeToBliss.com** to learn more!