# Introducing *Today I Am Grateful*

Gratitude expert Lorraine Miller does it again with her latest happiness tool for families. *Today I Am Grateful: Adventures in Gratitude* takes readers young and old on a heart-warming journey through one of the most powerful practices for creating happiness.

All parents want their children to feel grateful. But in today's hectic world, gratitude often falls off the radar. *Today I Am Grateful* serves to reverse that trend by bringing home the importance of noticing the things in life that make us joyful.

Do-it-yourself activities at the end of the book, as well as a special section for parents, show readers how easy it is to practice gratitude on their own. *Today I Am Grateful* is a thought-provoking and precious gift for every child in your life.
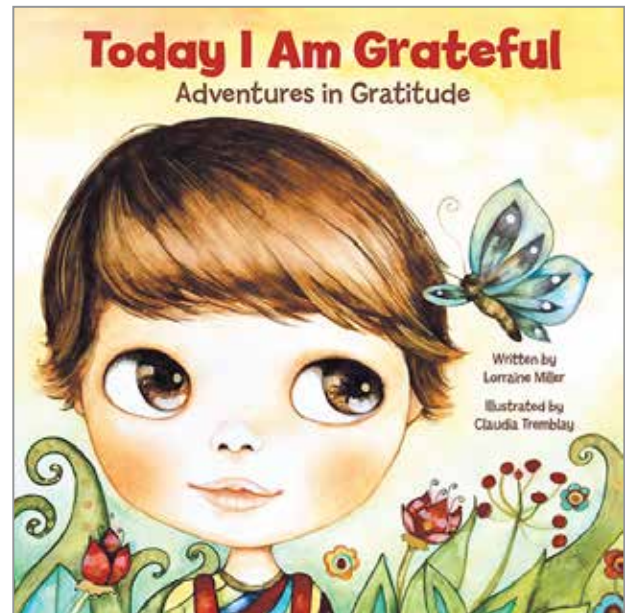
## Today I Am Grateful:

- Teaches children to be mindful, an important skill for cultivating happiness
- Is beautifully illustrated and easy to grasp
- Includes easy to follow activities for kids
- Provides parent tips for nourishing gratitude at home
- Is a great gift for every child in your life



"Children can be made more grateful when the adults in their lives teach them how. *Today I Am Grateful* is the perfect springboard for parents and educators to start helping kids see all of the goodness in their life."

--Jeffrey J. Froh, associate professor of psychology at Hofstra University and co-author of *Making Grateful Kids: The Science of Building Character*

**Availlable at: Amazon.com** (paperback and Kindle), **Barnesandnoble.com** (paperback and Nook).

**ISBN: 978-1452595207**



**About the Author**

Lorraine Miller is an award-winning gratitude writer, speaker and coach. She is the author of the best-selling journal, *From Gratitude to Bliss: A Journey in Health and Happiness,* and is the creator of the new mobile app, **From Gratitude to Bliss** available on iTunes. She lives with her husband and young son on the north shore of Long Island, NY.

**Contact: lorraine@gratitudetobliss.com or visit GratitudeToBiss.com**