



# ThanksLiving: Gaining a Perspective to Enrich Your Life (Volume 1)

*D. Thomas Owsley*

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Did you know it is scientifically proven that chasing after perpetual happiness is like catching bubbles? Yet, so many people have their goal in life to be happy! Did you know that too many people believe they can never experience what it means to thrive or flourish? So they have given up. Did you know that without gratitude you cannot experience the fullness of an enriched life? So, the attitude of gratitude is a key to enrichment? Imagine if you could \* quit chasing after happiness and chase after something better, \* learn how to experience what it means to flourish in life \* take your thanksgiving to the level of thanksliving that will enrich your life. You don't have to imagine it, it's right here in this book. Dr. Owsley provides you with insight from the latest research in neuroscience, social science, and the Bible to sort things out well enough to make a positive change. You will learn what your priorities should be and what skills to apply in order to develop the right perspectives that will lead you to an enriched life.

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