

Readings for 1/22/17  
The Science of Well-Being, I  
Standing On Your Own Hose

I start the flow of unparalleled good into my life and the world as I share the unexpected good that comes to me.

Start where you are. Use what you have. Do what you can. Arthur Ashe

Use what talents you possess; the woods would be very silent if no birds sang there except those that sang best. Henry Van Dyke

The moment we become grateful, we actually begin to ascend spiritually into the presence of God. — Francis Frangipane

“Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should

include all things in your gratitude." Ralph Waldo Emerson

"Gratitude always comes into play; research shows that people are happier if they are grateful for the positive things in their lives, rather than worrying about what might be missing." Dan Buettner

"When I started counting my blessings, my whole life turned around." Willie Nelson

"No one has ever become poor by giving." Anne Frank

"Feeling gratitude and not expressing it is like wrapping a present and not giving it." William Arthur Ward

What if, today, we were thankful for everything?  
Charlie Brown