

Readings for 2/5/17
The science of Well-Being, 3
What's Missing?

“Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude.” — A.A. Milne

“If the only prayer you said was thank you, that would be enough.” Meister Eckhart

“We must find time to stop and thank the people who make a difference in our lives.”
— John F. Kennedy

“If having a soul means being able to feel love and loyalty and gratitude, then animals are better off than a lot of humans.” — James Herriot

“Most misunderstandings in the world could be avoided if people would simply take the time to ask, “What else could this mean?” — Shannon L. Alder

“It does not matter how long you are spending on the earth, how much money you have gathered or how much attention you have received. It is the amount of positive vibration you have radiated in life that matters.” — Amit Ray

Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings.
William Arthur Ward

“Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom.” Marcel Proust

“Some people see the glass half full. Others see it half empty. I see a glass that's twice as big as it needs to be.” — George Carlin