

Reader Views

Book reviews, for readers, by readers.

7101 Hwy 71 W #200
Austin, Texas 78735
www.readerviews.com
(512) 288-8555
admin@readerviews.com

Gratitude Works: Open Your Heart to Love

By Katherine Scherer & Eileen Bodoh

K & E Innovations (2004)

Reviewed by Kim Peterson for Reader Views (3/06)

“Gratitude Works” is a deceptively simple gift book. Readers consume just five lines of text each day, a page for every day of the year. Pretty and filled with pleasing prose, the message of the book will alter your way of thinking by focusing you on your blessings.

The daily content examines the many things for which we can be thankful. And a thankful heart develops into a joy-filled heart. The power of this little book lies in the ability to be thankful now. It doesn't summon us to recall the past or to hope for the promise of the future. The daily stanzas concentrate on the present, the blessings that exist today.

Each month provides a focus including themes of reflection, balance, growth, beauty, nature, gifts and more. Within each month gratitude is expressed for simple and amazing things—the ability to create, unruffled snow, humor, dependable people—365 days worth of joys to ponder.

The book design lends itself to daily reading; but I found that a month or a few days can be consumed at a sitting, or I can turn to entries related to ongoing themes in my life. On days when hardships knock my attitude out of balance, reading an entry to refocus my thoughts make a huge difference.

Don't just set this book on a shelf or coffee table; reread it every year as you develop an attitude of thankfulness. Making gratitude a habit will surely change your life.