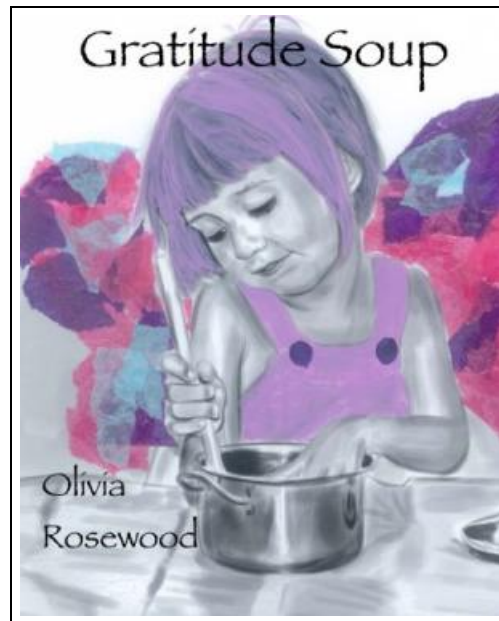


Gratitude Soup



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Reviews

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Createspace, United States, 2009. Paperback. Book Condition: New. 229 x 198 mm. Language: English . Brand New Book ***** Print on Demand *****.Violet the Purple Fairy learns how to make Gratitude Soup by thinking of all the things, people, places, and experiences that she is grateful for, putting them in an imaginary soup pot. She is able to shrink her pot of soup with her imagination, and she keeps the gratitude warm and flowing in her heart all day and all night. Perfect for teaching your children about gratitude with fun and play, this rhyming, colorful 8x10 picture book combines collage and watercolors as Violet the Purple Fairy tells her own story of cooking with gratitude. Your children might even be inspired to make their own Gratitude Soup! Look for the Create Your Own version of this book, an arts and crafts version of this story that allows your child to make their own gratitude soup. There is scientific evidence showing that gratitude dramatically changes brain chemistry, leading to a peaceful mind and healthy body. Although gratitude has been a staple of human faith and philosophy for thousands of years, the formal scientific exploration of gratitude only began in the year 2000, and it has been fervently studied ever since. In one study performed at UC Davis, published in the Journal of School Psychology, those who had a daily gratitude activity had more positive states of alertness, enthusiasm, determination, attentiveness, and energy. Gratitude can lead to fewer physical ailments, as well as an enhanced feeling of well being. Children who practiced gratitude showed more positive attitudes toward their school and their families. They are less likely to judge others, and also less jealous. They are more likely to share and to want to help. Without a doubt, gratitude is a...



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