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Survival Kit for the Holidays: Grace, Gratitude and Random Acts Of Kindness

By Laura Turner

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by: **Laura Turner**

Finding Grace:

How to get back to this state of childlike wonder?

My #1 RX: Motivational Tapes

Feel free to try some of my favorites:

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Need grace this holiday season? I invite you to use my method. In doing so here's what evolves:

Gratitude:

An Exercise In Gratitude:

Random Acts of Kindness:

In Closure:

<http://www.new-body-news.com>

)

Survival Kit for the Holidays: Grace, Gratitude and Random Acts Of Kindness

Her latest book: *Spiritual Fitness: The 7-Steps to Living Well* is currently available. Learn more here:

http://www.new-body-news.com/Spiritual_Fitness.htm

Kindness

By Rev. Sue Borg

Get information regarding 2005 International A Course In Miracles Conference at

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