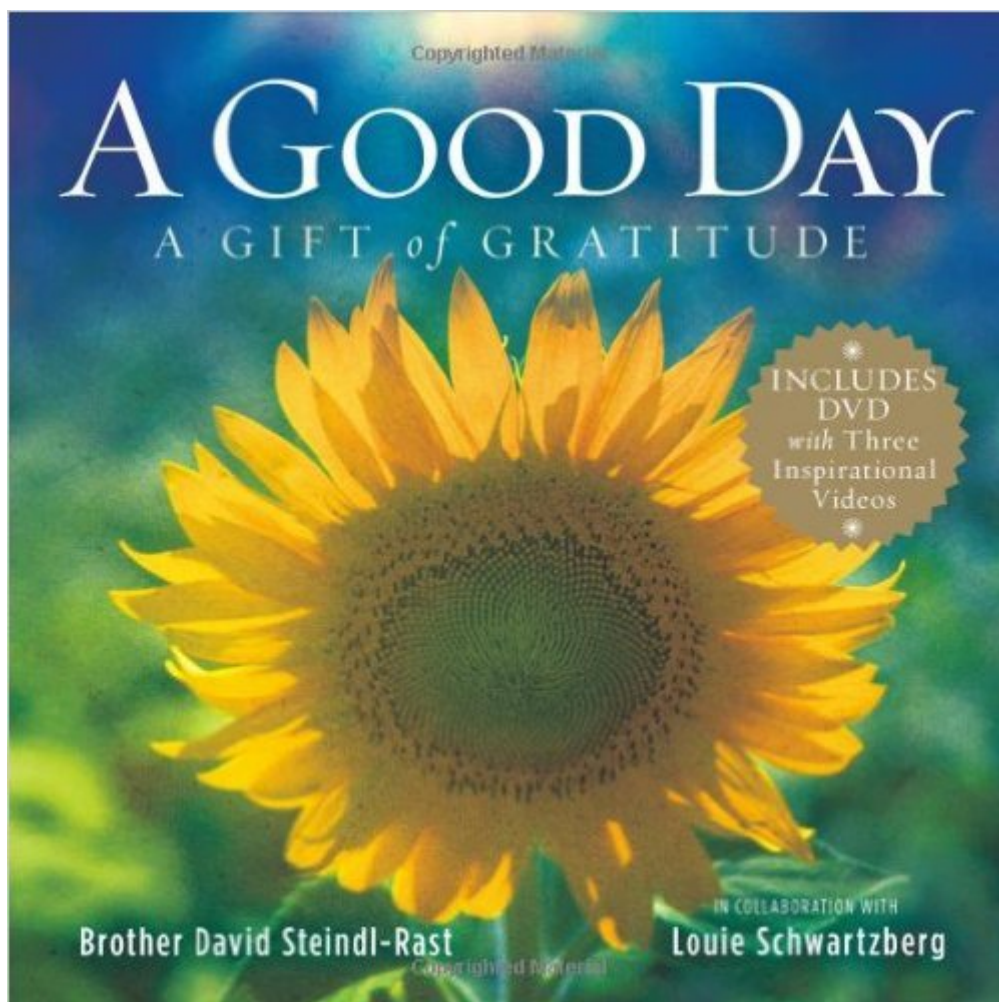


The book was found

A Good Day: A Gift Of Gratitude



Synopsis

This moving gift book truly stirs gratitude for the blessing of life and the everyday wonder and beauty of nature. It was inspired by the short film *Gratitude*, a viral video sensation by acclaimed filmmaker Louie Schwartzberg recently featured on Oprah's Super Soul Sunday. The book and film pair one of today's most uplifting poems "the Internet phenomenon *A Good Day*, written by revered spiritual leader Brother David Steindl-Rast with stunning images by Schwartzberg. Perfect for graduations, birthdays, anniversaries, and holidays or just as a gift for someone you love this inspirational package includes not just the book but a DVD with two short films by Schwartzberg (including *Gratitude*) and Brother David's own *A Good Day* video. The last page has a link to the *A Good Day* audio track, which you can use to create your own video or slide show on what you are grateful for.

Book Information

Hardcover: 96 pages

Publisher: Sterling Ethos; Har/DVD edition (November 5, 2013)

Language: English

ISBN-10: 1454907983

ISBN-13: 978-1454907985

Product Dimensions: 0.5 x 7.5 x 7.5 inches

Shipping Weight: 13.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars See all reviews (20 customer reviews)

Best Sellers Rank: #286,650 in Books (See Top 100 in Books) #313 in Books > Literature & Fiction > Poetry > Themes & Styles > Inspirational & Religious #1236 in Books > Literature & Fiction > Poetry > Regional & Cultural > United States #5963 in Books > Self-Help > Personal Transformation

Customer Reviews

This is such a lovely book! It reminds us of all the minute, day-to-day gifts we often treat as the expected wallpaper of our lives. It encourages awareness of the details of life that can feed us when the world is battering us about and we feel our lives are not our own. The cd that comes with the book is exquisite and a great tool to initiate a lovely time of thoughtfulness, whether one thinks of it as meditation, prayer, or just quiet reflection. What a wonderful gift this is, with a special inscription from the giver, or it could even be used as a special greeting card. I keep mine by my bedside and just seeing it there, morning and night, is a subtle remind to reconnect to the eternal and the

beautiful.

Love!!!! I just love this...the book and the DVD that came with it. I'm going to give everyone on my Christmas list this.....Next Christmas. I'm going to watch the DVD every Morning to start my day right.

Thank you for this beautiful book of inspiration, with stunning shots of natural beauty that surrounds us and the words of wisdom that reminds us to look up and see the gift of a day that we live every day.

The most important book and video for everyday living I have ever read...!!!! hope you will be moved by it as much as I have been and the millions of others who have seen and heard the video on the Internet over the past few years...!!!

A wonderful short book of gratitude. The best part is the enclosed DVD of meditations. These can also be found on UTube, however. It is nice to have the DVD.

Either read through the book or pop in the dvd from time to time to remind yourself how very rich you are.

I purchased several of these books to give to others.... DVD included...beautiful photography!!!!

Inspirational. Gratitude will change your life, and this book will get you started.

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