

BODY & SOUL

Cultivate a Habit of Gratitude

Between Halloween and Christmas lies the peaceful and quiet Thanksgiving, pausing the holiday chaos for one day. By intentionally and actively giving thanks during this season, we can cultivate a habit of gratitude.

Model thanksgiving. Whether you receive flowers or weeds from your child, give thanks.

Whether it's a sunny day or rain ruins your outdoor plans, give thanks. When you have a flat tire in the grocery parking lot, give thanks. You're showing your kids that giving thanks may not always look like what they think.

Create a thankful jar. Each day, have every family member add a picture, word, or sentence of one thing they are grateful for. Read all the papers on Thanksgiving Day or the end of the month. Consider keeping this habit throughout the year.

Volunteer at a homeless shelter. Make pumpkin bread, soup, or a pie and give it to a neighbor, slipping in a note thanking them for being good neighbors. Make blessing bags for the homeless, including packaged snacks, toiletries, gloves, and a water bottle. Adopt a charity or give to Samaritan's Purse. Generosity always goes hand in hand with gratitude.

Encourage your child to write a letter to a teacher, pastor, or coach. After every soccer season or piano recital, thank those who helped. Don't forget the crossing guard, the bus driver, or the janitor. So many people pour into your child's life. Help your child to watch and observe others around you and find ways to serve them. Of course, let's not forget to send thank you notes to grandparents for gifts received at Christmas. They love those pictures or handwritten notes (even with spelling errors).

Adapt thankful rituals into your family routines. Begin your day with thanksgiving. At the table, thank God for the food and pray for those who served or cooked it. Recall the day's activities at bedtime and thank God for all the moments when He was present.

Replace grumbling with gratitude. Sometimes, we don't feel grateful, or something seems unfair. In those cases, we have to choose to be thankful even when we don't feel like it. Help your kids see that there is always something to be thankful for. Show them the abundance and blessings they do have.

Say to your kids, "I love you." Let your kids know you're grateful for them and value them not for what they do but for who they are. Tell them you're glad God gave them to you.

Gratitude is like a muscle. Your family will need to exercise it. The more we do, the more it will seem genuine and natural, not just at Thanksgiving but throughout the year.

— Sally Cressman is the author of "The Dance of Easter." She writes about faith, family, and home on her website, www.sallycressman.com. She offers family conversation starters on Instagram and Facebook.



BEST BOOKS

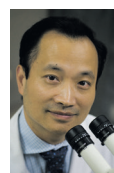
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Dr. Ming Wang's Book on "Shi Ban Gong Bei (How To Accomplish Double In Half of the Time) – 77 Pearls of Business Wisdom" Published!

Dr. Ming Wang (the subject of the movie "Sight" (www.angel.com/sight)) has just published his 23rd book, *Shi Ban Gong Bei (How to accomplish double in half of the time!) – 77 Pearls of Business Wisdom*.

The publisher stated: "Drawing from ancient Chinese philosophy and a lifetime of personal and professional achievements, Dr. Wang reveals the transformative power of Shi Ban Gong Bei, which translates to "accomplishing twice the work in half the time." This time-tested approach to maximizing efficiency and minimizing wasted effort has guided successful leaders for centuries— and now, Dr. Wang brings its wisdom to readers worldwide in this captivating and practical guide. Through seventy-seven essential pearls of wisdom, Dr. Wang guides readers on a journey of self-discovery, time management, and strategic decision-making. Each lesson is designed to help entrepreneurs, executives, and aspiring leaders achieve their goals with greater speed and precision, all while staying true to the principles of personal integrity and authenticity."



About Dr. Ming Wang, MD, PhD

Dr. Ming Wang, Harvard & MIT (MD, magna cum laude); PhD (laser physics), is a world-renowned laser eye surgeon, philanthropist, and a co-founder of the Common Ground Network.

As a teenager, Ming fought valiantly to escape China's Cultural Revolution – during which millions of innocent youth were deported to remote areas to face a life sentence of hard labor and poverty. He came to America with only \$50 and earned two doctorate degrees, one in laser physics and one in medicine, and graduated with the highest honors from Harvard Medical School and MIT.

The amniotic membrane contact lens, which Dr. Wang has invented (and holds two U.S. patents), has been used by tens of thousands of eye doctors throughout the world in nearly every nation, and millions have had their eyesight restored.

Wang Foundation for Sight Restoration has helped patients from over 40 states in the U.S. and 55 countries, with all sight restoration surgeries performed free-of-charge. Dr. Wang was named the Kiwanis Nashvillian of the Year for his lifelong dedication to help blind orphaned children from around the world.

The film "Sight" is based on Dr. Wang's autobiography "From Darkness to Sight" and co-stars Greg Kinnear.

To reach Dr. Ming Wang: drwang@wangvisioninstitute.com, www.drmingwang.com.

— Leona Walthorn