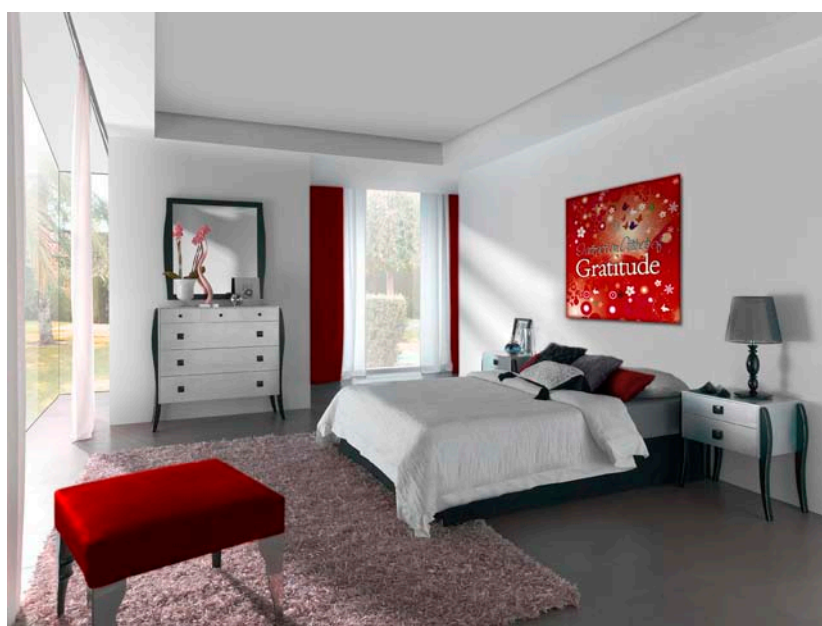




## The power of Gratitude

Gratitude Art is created by Line Lyster as a result of seeing and experiencing how being grateful in her own life has increased her own well-being. Line found that the more she felt grateful in her everyday life, the better her life actually became. She felt less depressed, less stressed and more satisfied in her life and as a result began attracting more abundance in all areas. But the key and the challenge was to stay focused on the feeling of being grateful – every day. And this made her create Gratitude Art.

Studies have shown that people who are more grateful experience higher levels of well-being. Grateful people are happier, less prone to depression, more able to handle the stresses of every day life and generally more satisfied with their lives and their relationships. Grateful people also have higher levels of personal growth, they have purpose in life and are in acceptance of their selves. Grateful people find more positive ways of coping with the challenges, being more likely to seek support from other people. Finally grateful people experience better sleep which is believed to be because they actively think more positive thoughts just before going to sleep. So, an attitude of gratitude is essential to improve your life.



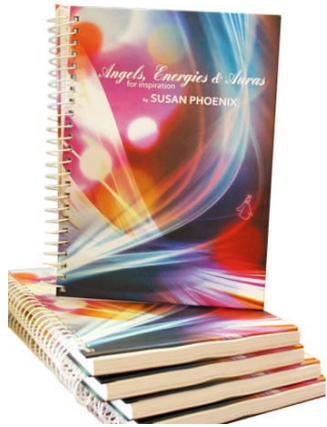
Gratitude Art has been created to remind you to be grateful in your every day life and to bring happiness and abundance into your life. This unique range of products has been lovingly and individually crafted with a great deal of care and attention, to help remind you to give thanks and gratitude to the universe and in turn good things will come to you.

Whenever you read the message on a Gratitude Art magnet, a notebook, a canvas or a mug, you will feel inspired and focused to give gratitude and thanks, and to receive plenty of good things in return.



Line Lyster created and founded Gratitude Art in 2008. She is also the founder and owner of Redline Company, a successful graphic design and marketing company based on the Costa del Sol, Spain. After having lost her mother to cancer when Line was only 17, she began to search for the meaning in life. This took her on a journey, not only around the world but also in the search for what life was all about and how to improve her situation. She started reading self-help books by Louise L. Hay, Dr. Wayne Dyer and many others. Gratitude Art came out of this search.

The latest project for Gratitude Art has been to design a workbook in conjunction with Dr. Susan Phoenix with subjects such as Life, Immortality, Love, Happiness, Energy Exchange and Meditations. Dr. Susan Phoenix is the best-selling author of *Out of the Shadows - A Journey from Grief*, that has proved to be a self help book for people who have suffered loss and grief. Susan now uses her skills to help other people to re-discover their strengths and life path working with angels, energies and auras.



For more information on Gratitude Art and to see our unique product range, please visit [www.gratitudeart.com](http://www.gratitudeart.com) or call +34 952 816 678.

The term Gratitude is derived from the Latin word gratia which is associated with the terms grace, gratefulness, and graciousness. This Latin root suggests the ideas of “Kindness, generousness, and gifts, the beauty of giving and receiving

More information regarding the recent studies and definitions taken from and for more information go to [Wikipedia.org](http://Wikipedia.org).