

# Have you accepted this thanksgiving offer?

Suppose someone guaranteed that you could:

Extend your lifetime by several years;

Improve relationships with your family, neighbors, and coworkers;

Make you feel better and suffer fewer illnesses;

Enhance your chances of reaching heaven.

This someone also assures you that the offer comes with no hitches. No hidden fees.

Regardless of your budget or physical limitations, you can enjoy this simple offer now. Are you interested? Would you sign on today?

Two words reveal this valuable secret: *Give Thanks*. Gratitude makes our bodies feel healthier, more positive, and more winsome. Thankful hearts overflow with life. Nothing improves relationships better than an appreciative heart.

Only one thing keeps some of us from accepting this free thanksgiving offer. What is the obstacle? Some of us wait for someone to show gratitude to us. We expect others to be grateful just because we are alive. After all, our mothers hugged us regularly. We think everyone else in the world should, too. This misapprehension sours us. We complain. We grow sick, lose friends, and days off our life.

If you've allowed yourself to fall into this ingrate cycle, you can remedy it quickly, and cost-free. How do you start? Daily, tell at least three persons how grateful you are for things that they have done for others. Tell them sincerely. Continue doing this three-a-day exercise every day for a month. Next, thank God each day for your life, for rays of sun, for your eats, and for the roof over your head. Practice this thanks regimen beginning today. By Christmas, you'll be so energized you'll beg *Santa* to let you help him carry his sack. **“A cheerful heart keeps you healthy. It is slow death to be gloomy all the time,” Proverbs 17:22 (TEV).**

