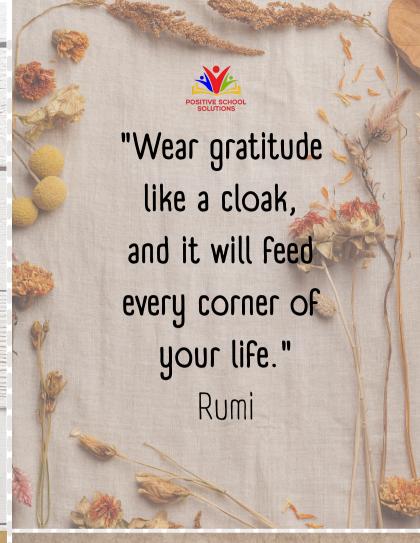


"Gratitude is a powerful catalyst for happiness.

It's the spark that lights a fire of joy in your soul."





"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

John F. Kennedu

"Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude."

A.A. Milne, 'Winnie-the-Pooh'



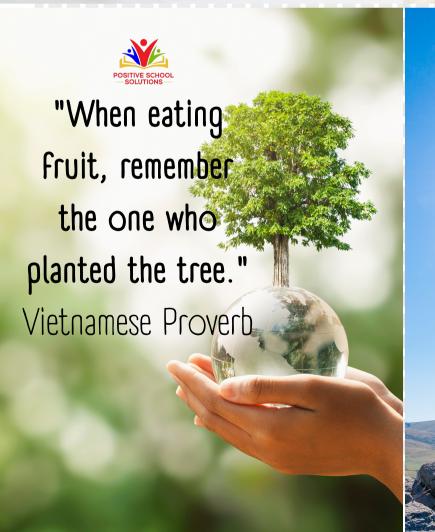




"Appreciation can make a day, even change a life.

Your willingness to put it into words is all that is necessary."

Margaret Cousins





"We can only be said to be alive in those moments when our hearts are conscious of our treasures."

Thornton Wilder