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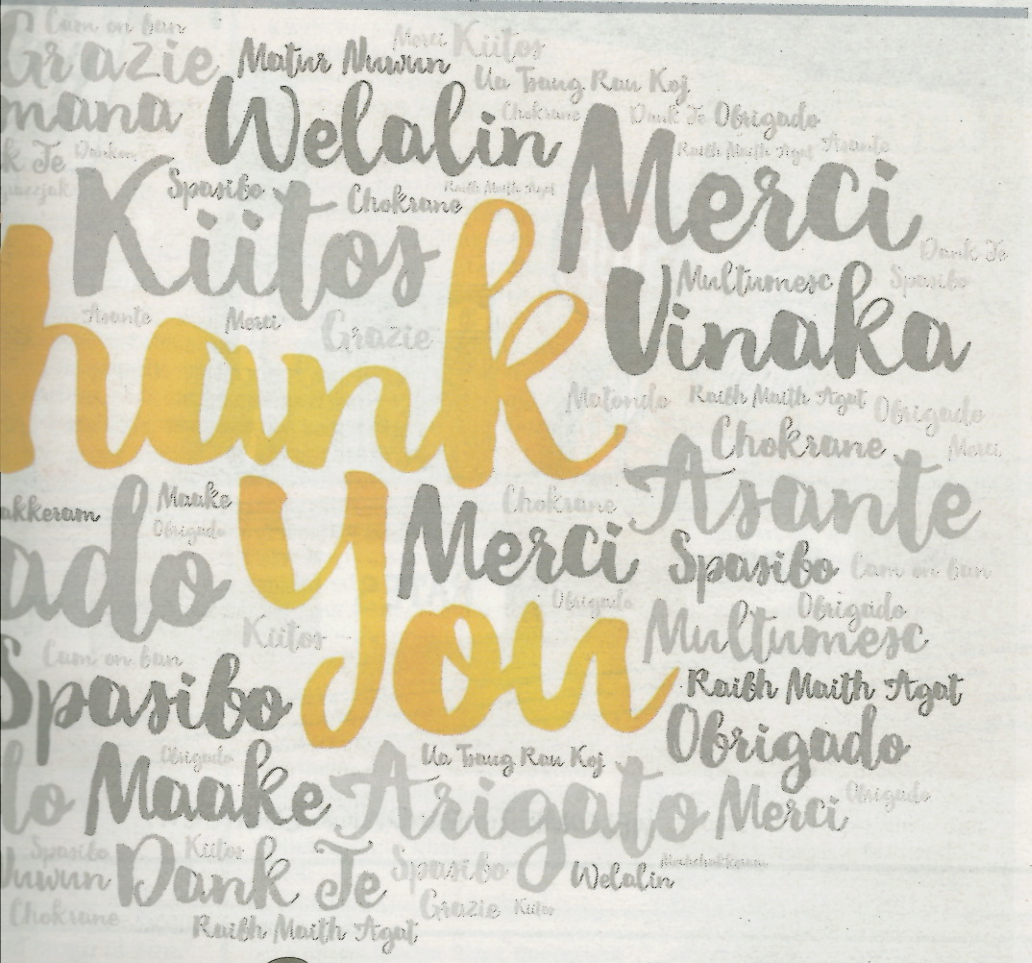

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Increases Good Health

Grateful people are healthier. Studies show they feel less aches and pains generally, and they visit the doctor less frequently, and with fewer complaints.

They also have better health in the long term as they are more likely to exercise and have regular health check-ups. Gratitude also helps you sleep better and have increased energy. And being grateful has been shown to literally help the heart by decreasing heart disease.

A positive mental attitude fends of depression, decreases stress, and lowers anxiety all of which decrease the risk of heart disease. Physiologically grateful people have lower levels of plaque build-up in the arteries, lower levels of bad cholesterol, higher levels of good cholesterol, lower blood pressure and

decision making by increasing our patience and allowing us space to understand the best way forward.

Being grateful also helps people become better managers. The research is clear — when people are thanked for their work, they are more motivated and engaged, leading to better productivity and morale.

How to increase gratitude

None of the science will work if we don't actually practice gratitude. Feeling grateful is a learnt skill, and practice makes perfect. But increasing gratitude is pretty easy. Here's how.

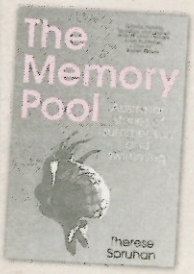
Say thank you. Say it out loud if you can, and in your head if you can't, but say it often no matter how you do it.

Keep a gratitude journal. Studies show that people who wrote in a

Books

The Memory Pool

Therese Spruhan



TAKE a deep dive into the world of the pool, and plunge into the heady aroma of chlorine, warm concrete, hot chips, melted ice creams and sunscreen. This delightful, nostalgic anthology of 28 stories from well-known and not-so-famous Australians celebrates the memory of chlorine, sea, bay, river and backyard pools and the impact they had on their lives. It tells the tale of how a simple structure like the local pool can inspire imagination, build courage, fulfil dreams and provide refuge. Well worth a dip into these pages.

Stuart McLean

The Queen's Tiger

Peter Watt

SOMETIMES the fate to which a man is destined is not his own. This is the welcomed second book in a series which follows the passion and white-knuckle adventures of humble Sydney blacksmith Ian Steele as he fulfils his dream of a life in uniform serving in Queen Victoria's army. Steele, known to all as Captain Samuel Forbes, is fighting for Queen and country in Persia. A world away, the real Samuel Forbes is planning to return to London — with potentially disastrous consequences for Samuel and Ian both. A real page-turner.

Stuart McLean

Womerah Lane

Tom Carment