



# Gratitude Dare: 30 Day Challenge to Find Peace and Happiness in Your Life and Relationships!

*Heather Choate*

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## **30 Day Challenge to Find Peace and Happiness in Your Life and Relationships!**

Finally unlock the secret to achieving **real and lasting peace** and satisfaction in life with this simple, 30 day Gratitude Dare Challenge. Follow the steps outlined, and watch how your attitudes and relationships transform to the **life you truly desire!**

Author Heather Choate shares her own inspiring story of striving for gratitude despite her challenges of battling breast cancer while pregnant with her sixth child.

Gratitude Dare explores what modern scientific research has discovered about the power of gratitude in your happiness, relationships and even your health and implements these incredible findings into your life!

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