

INTRODUCTION

My mom has always been my biggest cheerleader.

When I was in 7th grade and was bullied in the bathroom by a group of big girls because I was trying to help a fellow student, she was ready to march into the office and confront their parents.

When I met the man that would become my husband, she baked cookies with me and mailed them across the country to him.

When I had to drive cross-country multiple times for my husband's job, who was right there beside me in the passenger seat? My mom . . . with her favorite set of audio tapes and a yellow notepad full of to-dos and memories.

When I was teaching school full-time, she encouraged me to follow my passion and become a life coach, author, speaker, and trainer.

She has always believed in and encouraged me – but she hasn't only done that for me. She has encouraged strangers, groups of people from stages, her grandkids, authors in this book and thousands of others around the globe.

My mom is Jan Fraser, the creator of the Inspired Life Series. The series began in 2021 when the world was recovering from the effects of the international pandemic. The first book was *The Book on Joy*® followed by *The Book on Transformation*®. *The Book on Gratitude*® is the third best-selling book in the series.

It is only fitting to introduce this *Book on Gratitude* by expressing my gratitude for the amazing person she is. She is virtually self-made, from growing up as the shy youngest sister of three girls from hard-working parents to inspiring women from every walk of life. She has a dreamer's heart and doesn't know the word 'No' . . . never giving stock to naysayers.

I am grateful for her love, vision, her '*Anything is possible*' attitude, her ability to see the best in people and her strength. (You'll gain a little insight by reading her story on page 11.)

JAN FRASER INSPIRED LIFE SERIES

She comes by it honestly, descending from a line of strong women and men who forged their way as citizens of this country, farmers, nurses, entrepreneurs, military men and laborers. When no one believed that Jan's mother, Sadie, could become a nurse, she worked her way through training and did it anyway because she felt it was her calling. Then, leaving behind the comforts of Ohio and her family, traveled by ship on New Year's Eve 1937 from San Francisco to Honolulu, Hawaii, where she met and married my grandfather. She survived the 1941 attack on Pearl Harbor.

For those of you who have not had this kind of influence from your mom, I pray that you have found it elsewhere, or will seek out a cheerleader to have in your corner...someone who believes in you and supports you in finding your purpose and happiness in life, no matter what that looks like.

Three of the most important concepts to my mom are family (natural or acquired), impact and legacy, which is why she has gathered 29 amazing authors from around the world to share their stories of gratitude with you. As we view the planet today, we see challenges that could benefit from increased gratitude shared globally.

It is our collective hope that the thoughts, words, and suggestions contained in these chapters will help you feel more gratitude, making your life happier, better and more joy filled.

This book is divided into four sections surrounding gratitude: Feeling, Choosing, Inspiring and Sharing.

In the **Feeling Gratitude** Section, you'll read about treasuring family members and dear friends, past and present, gratitude for a birth island, and learn how to feel more gratitude and grace. Also, you'll discover how a life was saved and those in recovery were supported. Authors in this section hail from the Philippines, UK, Bermuda, and the US.

In **Choosing Gratitude**, we are introduced to stories surrounding grief and loss of spouses, babies, parents, and family pets. Techniques for deciding to be grateful regardless of the situation with authors from Ireland, Canada and the US are shared.

Stories in the **Inspiring Gratitude** section remind us that inspiration can come from both within us or from someone else and deals

THE BOOK ON GRATITUDE

with mental and physical health, leadership, and Olympic Gold. These authors are from Panama, Bermuda, Canada, and the US.

In the **Sharing Gratitude** section, we see how our authors have spread their messages of gratitude in coaching sessions, media, magazines, letters and one-on-one. These chapters deal with love, aging relatives, job loss, multiple surgeries and becoming a centerfold. The authors are from Canada, Greece, Spain, and the US.

Within these pages, my mom and the other authors hope you will find inspiration and strategies for feeling and expressing more gratitude in your life. We truly believe that gratitude can heal the world. We hope you not only enjoy this book, but as a result, have a desire to spread the gift of gratitude to those in your sphere/to those you meet.

*“Be thankful for what you have; you’ll end up having more.
If you concentrate on what you don’t have, you will never,
ever have enough.” — Oprah Winfrey*

Welcome to our *Inspired Life Series* Community!
With Gratitude and Love,

Jennie

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