

Amy Collette



Embrace the Positive Power of Gratitude

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I cannot begin to tell you how much I enjoyed your presentation! It has left me with a desire to dive deeper into the practices and lessons in *The Gratitude Connection*.

~ Analise B., Artist and Entrepreneur



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What if peace and happiness were your new normal?

Our crazy lives are jam-packed with "busy" and the stress and worry that we think are just part of the package. The number one barrier to happiness is: **stress**.

What if you could take a few minutes to breathe and release that stress and worry? Now imagine you could relax enough to actually feel happy... What would a change like that mean for you, your family, your relationships and your business success?

Learn how to make a powerfully positive shift happen in your life **now**.

Amy Collette, Author of *The Gratitude Connection*, found the secret to banishing stress and building a lasting foundation of happiness when she needed it most. In this interactive workshop, she shares how she discovered how to transform her constant anxiety into peace by embracing the positive power of gratitude. And how you can, too.

Amy leads you through the practices from her best-selling book so you can start your transformation now, and continue to build on that foundation in just a few minutes a day.

"Gratitude is a powerful catalyst for happiness. It's the spark that lights a fire of joy in your soul."

Amy is a Book Coach and Author of *The Gratitude Connection: Embrace the positive power of thanks*. Her upbeat book features inspirational stories and practical exercises to help you retrain your brain for happiness and success.



THE GRATITUDE CONNECTION

brace the positive power of thanks

Amy Collette

