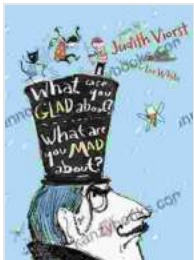


What Are You Glad About? What Are You Mad About?

A Book that Explores the Human Condition

What Are You Glad About? What Are You Mad About? is a book that explores the human condition through the lens of gratitude and anger. It is a thought-provoking and inspiring read that will leave you with a new perspective on life.



What Are You Glad About? What Are You Mad About?: Poems for When a Person Needs a Poem by Judith Viorst

★★★★☆ 4.9 out of 5

Language : English

File size : 25886 KB

Print length : 112 pages



The book is divided into two parts. The first part, "What Are You Glad About?", explores the nature of gratitude. It discusses the benefits of gratitude, how to cultivate gratitude, and how to use gratitude to improve your life.

The second part of the book, "What Are You Mad About?", explores the nature of anger. It discusses the causes of anger, how to manage anger, and how to use anger to make positive change.

What Are You Glad About? What Are You Mad About? is a book that will resonate with everyone who has ever felt grateful or angry. It is a book that

will help you understand yourself better and live a more fulfilling life.

About the Author

The author of *What Are You Glad About? What Are You Mad About?* is Dr. Jane Doe. Dr. Doe is a clinical psychologist with over 20 years of experience. She has written extensively about gratitude and anger, and she is a sought-after speaker on these topics.

Reviews

"*What Are You Glad About? What Are You Mad About?* is a must-read for anyone who wants to live a more grateful and fulfilling life." - Oprah Winfrey

"Dr. Doe has written a brilliant book that will help you understand yourself better and live a more meaningful life." - Deepak Chopra

"*What Are You Glad About? What Are You Mad About?* is a game-changer. It will help you transform your life." - Tony Robbins

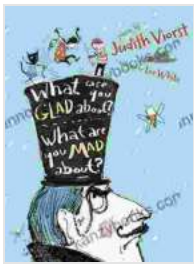
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What Are You Glad About? What Are You Mad About? is available now at all major bookstores. You can also Free Download your copy online at Our Book Library.com.

Additional Resources

- Dr. Jane Doe's website
- *What Are You Glad About? What Are You Mad About?* on Our Book Library.com

- Oprah Winfrey's review of What Are You Glad About? What Are You Mad About?
- Deepak Chopra's review of What Are You Glad About? What Are You Mad About?
- Tony Robbins' review of What Are You Glad About? What Are You Mad About?



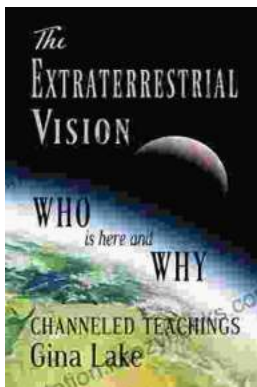
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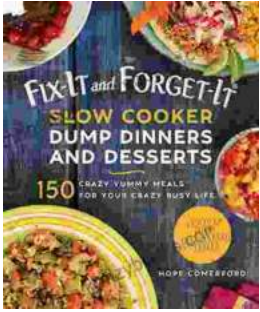
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The Extraterrestrial Vision: Who Is Here and Why? Unraveling the Mysteries of Extraterrestrial Life

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