

The power of



*Exercises that will transform and
improve your life in 7 days*

LEIBNY HOPE

Chapter 3: The Effect of Gratitude on your Body and Health

If you have never really paid attention to the things that make you feel thankful, now is the time. Experts have confirmed that gratitude doesn't just help the mind to be healthier; it also has many other incredible benefits on your body and your health generally. The health benefits of gratitude are both psychological and physical.

As I have already talked about the impact it has on your mental health, let's find out how it affects your body physically.

Did you know that feeling or expressing gratitude prevents increased blood pressure and minimizes the risk of developing heart problems? It also strengthens the immune system and enhances your cognitive functions, making it possible for you to think more clearly. How does this happen?

When you experience emotions such as anger, anxiety, or frustration regularly, your heart starts beating in a more erratic pattern, and your brain acknowledges this as a state of stress.

This creates an unharmonized state, increasing the risk of developing heart problems and high blood pressure.

However, when you feel emotions such as happiness, care, and love regularly, your brain remains in a synchronized and relaxed state, which improves hormonal balance function, immune functions, and even reduces your risk of disease.

It may be difficult to believe, but gratitude also decreases pain levels. You may be wondering how saying thank you or appreciating kind gestures can ease pain, but it's true.

Research has confirmed that gratitude alleviates pain. In a study where patients with different pain levels were given a gratitude journal to keep, more than 10 percent of the patients reported that their pain levels decreased significantly. Some also reported a decrease in disease symptoms. Many experts believe this could be the result of the release of dopamine.

Saying thank you also helps you sleep better. Several studies have shown that gratitude improves the quality of sleep, reduces the amount of time it takes to fall asleep, and increases the length of sleep.

Sleep is one of the most critical functions of the human body, and like I mentioned, this function is regulated by the hypothalamus. Since the hypothalamus is a part of the limbic system, and gratitude is known to activate it, expressing gratitude makes it easier to sleep more naturally and healthily.

Of course, when the quality of your sleep improves, it naturally impacts your health as a whole. Sleep affects many bodily functions, and getting enough sleep can help manage stress, anxiety, pain, and depression. It also strengthens the immune system, making you healthier overall.

Gratitude even affects the nervous system in the right way. Naturally, improved quality of sleep means you get to be in a more relaxed state. This means that saying "thank you" can help decrease your cortisol levels, making you less susceptible to stress triggers.

A show of gratitude can even motivate you to want to live a healthier life. Appreciating everything in your life – good or bad – pushes you to eat more healthily and exercise regularly.

Finally, gratitude boosts body energy and increases vitality. It shouldn't come as a surprise, considering the different positive effects it has on the

body. Feeling grateful increases optimism and other positive emotions, and this, in turn, boosts the energy and vitality levels.

Grateful people always stay in a constant state of high energy, and they are happier, healthier, and more relaxed than people who rarely express thankfulness.

A better mind and better health naturally contribute to a longer life. So, ultimately, you can say that gratitude increases human lifespan.

It doesn't matter whether the effects of gratitude on the mind and body are the result of positivity or a response ignited by the influx of dopamine; the obvious thing is that gratitude has numerous health benefits – mentally and physically. Be thankful for Vitamin G!

Take it often and soon you will start finding all the extraordinary things that happen in your everyday life. It takes only a couple of minutes every so often to start appreciating the beautiful events and things happening close by. You will be surprised to find so many wonders around you!

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About Leibny Hope:



Her beautiful 11-year-old daughter died of cancer. Her perspective is as a former sufferer of anxiety and depression and how gratitude has made an amazing difference in several aspects of her life.

As a musician and writer, she was inspired to write books for her and now she wants to share them with everyone.

Her desire is to encourage people to create the life they want and to give them the resources and tools to make it happen.

She has written books of knowledge, courage, inspiration and revelations so that anyone can experience them in quick and easy ways. Her other book is: *The Depression and Anxiety Workbook: 5 Ways to Raise the Spirit and Experience Joy*.

She writes about positive methods, positive emotions and happiness. Her message is simple but powerful: Appreciate all the good you have in your life.

Leibny lives with her wonderful husband, her beautiful little girl, and five playful and naughty cats.

Reviews

The Power of Gratitude: Exercises that will transform and improve your life in 7 days

Gratitude encourages positive feelings, like hope, love, joy, and compassion, and melts away anger, bitterness, and fear almost without effort. If practiced every day, gratitude will open your heart; you will notice what's right, your life will get better, you will be happier, sleep better, have better relationships, be healthier, and find and share joy. Are you ready to feel like a new person and experience the amazing power of gratitude?

"I thoroughly enjoyed this book and found it most beneficial. I will be implementing some of the suggestions in my own life. This book will help you to cope when unfortunate events occur in your life, and treasure the gleeful times more than you imagined. I give *The Power of Gratitude* my highest recommendation." -**Deanie Humphrys-Dunne, award-winning author, reviewer ★★★★★**

The Depression and Anxiety Workbook: 5 Ways to Raise the Spirit and Experience Joy.

5 brilliant ways to improve your mood and change your life! Learn about Neuroscience, Mindfulness, Positive psychology, Dialectical and Cognitive Behavioral Therapy to transform your life! Do you want a simple guide of 5 incredible ways to get started feeling better within an hour of reading the book?

"Leibny's book is for anyone who wants to live more fully in the present moment and become more mindful and aware of what is happening right now...She has summarized some of the best current thinking on successful living and translated this research into excellent exercises that help the reader turn research into practical application and behavior modification. Leibny wants her readers to slow down and use the workbook to practice new behaviors that lead to health and well-being." -**Russell Fanelli Top500 Reviewer Vine Voice ★★★★★**

"After reading this, I learned new ways of controlling depression and anxiety without the use of doctors or prescribed medications. One technique I found helpful was "mindfulness" meditation which is used in this book. There are many other tips and tricks that will change your life. I would definitely recommend it" -**James Herington ★★★★★**

"Methods to lighten your emotions. The Depression and Anxiety Workbook by Leibny Hope is filled with wonderful ideas to help get yourself out of depression and into joyful thinking. It has exercises to do to train your mind to relax more." -**Joan W. Edwards ★★★★★**

"It's an easy and very useful reading. It's a must, since all of us may face hard times." -**Karla E. Alba ★★★★★**