A newspaper subscriber commented:

“Since reading that report, I've made a conscious effort to recall my blessings nearly every hour.

“Instead of dreading the drudgery of cleaning house, I express gratitude for my home.

“I've found so many things to be grateful for, little things like running water and electricity.

“A few weeks ago, I complained because my knees ached; now I say how grateful I am that I can walk.

“I think it's important to express our gratitude out loud. The positive focus on gratitude has pushed out of my mind the negative thoughts that were dragging me down.”