

[About](#)

[New!](#)

[Shop](#)

[AudioBooks](#)





**Merry Christmas and Happy  
New Year 2025**

**¡Feliz Navidad y Año Nuevo  
2025!**

I just want to take a chance, and thank you for this year support of my work as I have tried to spread the news on Leadership and Project Management. Since we are heading to the end of the year, we all are on festivity mode and the more important part of the season, at least



for me, is to be grateful for what we are and what we learn during a year.

I want to express my deep gratitude for allowing me to be part of your world and share knowledge and experience. Wishing you all the best for the oncoming year and that we can continue growing this community.

Solo quiero aprovechar la oportunidad para agradecer tu apoyo y soporte durante este año al trabajo que quiero hacer de promover el Liderazgo y la Dirección de Proyectos. Dado que nos alistamos al final del año, y nos encontramos en modo festivo y lo más importante de la época, al menos para mí, es ser agradecido por lo que somos y lo que hemos aprendido durante el año.

Quiero expresar mi profundo agradecimiento por permitirme ser parte de tu mundo y compartir mi conocimiento y experiencia. Deseando lo mejor para el próximo año y que juntos continuemos haciendo comunidad.



## Looking to live longer and happier? Practicing gratitude might be the key.

Recent research indicates that practicing gratitude may contribute to a longer life. A study involving nearly 50,000 older women discovered that those who expressed higher levels of gratitude had a 9% lower risk of dying over a four-year period compared to those with lower gratitude scores.

### Main Ideas

- Gratitude has been associated with a reduced risk of mortality from various causes, including cardiovascular disease.
- The longevity benefit continued to be significant even when considering physical health and other related factors.
- Simple practices, such as expressing gratitude during dinner or writing thank-you notes, can help foster a sense of appreciation.
- Taking the time to mindfully appreciate positive moments is an effective way to cultivate gratitude in our daily lives.

Gratitude enhances overall well-being. The article explains that gratitude is linked to better emotional and social health, improved sleep, and even a lower risk of depression. Focusing on the positive naturally helps you feel more balanced and fulfilled.

## Newsletter

1. [The Business Book Giveaway](#). Regalos de libros de negocio.
2. [Change Your Mind, Change Your Life](#). Cambia tu mente, cambia tu vida.
3. [Dec Non Fiction Literature Sales](#). Cambia tu mente, cambia tu vida.
4. [Dec Non Fiction Literature Giveaway](#). Cambia tu mente, cambia tu vida.

# Visit My Blog!

Button

**Angelica Larios**

CDMX

México



You received this email because you signed up on our website or made a purchase from us.

[Unsubscribe](#)

