

# Living in Gratitude Mode: your passport to abundance and well-being

by Jeanette Salvatierra



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## Book Information

### Title

Living in Gratitude Mode: your passport to abundance and well-being

### Author

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### Genres

Self-Help, Inspiration, Spirituality

### Publisher

Self-published

### ISBN

English version  
978-0-9977165-1-1

Spanish version  
978-0-9977165-0-4

### Publication Date

July 30, 2016

### Page Count

224

### Trim

6 x 9

### Distribution

Amazon and Jeasalva e-store

### Website

www.jeasalva.com

## Book Summary

Gratitude is a powerful practice, which increments the levels of happiness, productivity, longevity and improves health and inter-personal relationships, of those who include it into their daily routine.

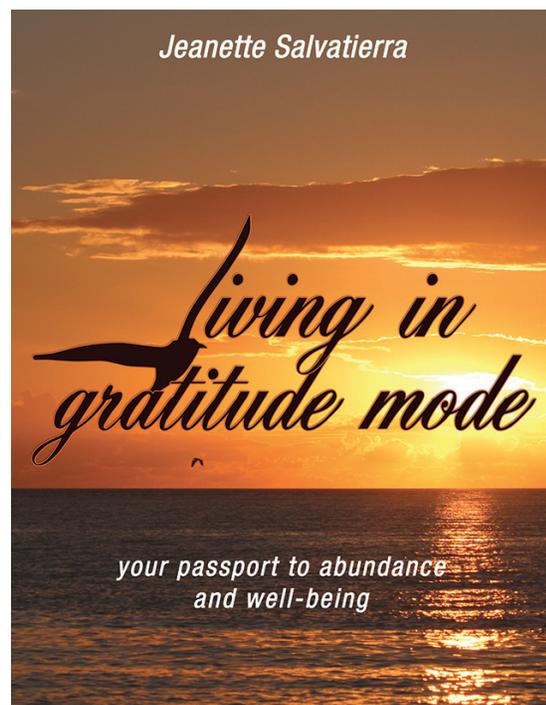
Even though gratitude practices have existed since remote times, as shown by sacred texts from diverse religions, mentioned by philosophers, poets and mystics from all ages, it is in the last 100 years that the benefits of gratitude habits have been documented by psychologists, medical doctors and other Scientifics around the world.

In this motivational and moving work, Jeanette Salvatierra shares her own experience with gratitude practices, as well as the findings she discovered and the tools she has developed, as part of her role as Life Coach, supporting her client's personal growth processes.

“Living in Gratitude Mode” proposes the adoption of gratitude as a companionship, a tool to strengthen your personality in the pursuing of abundance and wellness.

### Concretely this book offers:

- Scientific evidence and easy to implement tools to increase your optimism, improve self-esteem and happiness using gratitude
- Suggestions on how to use gratitude to win friends, improve your social capital and strengthen your relationship with your spouse or partner
- Recommendations on how to improve your overall health and longevity by adopting gratitude practices
- Methods and examples on how to overcome



sorrow from a gratitude perspective: to accept situations out of our control

- The 3 transformative questions to change difficulties into opportunities
- A singular perspective on how to use gratitude as a passport to achieve abundance and wellness
- This book has 3 parts. In the first one, the book includes elements required to understand gratitude benefits, to reach abundance and wellness. Offers a personalized companionship, with inquire reflexions, suggestions for all ages and impactful stories to laugh and reflect.

## Author Bio

Jeanette Salvatierra is a multi-passionate soul that leads by example in the pursuing of a rewarding and fulfilled life, despite difficulties and personal limitations. Born in San Felipe, a small city in Venezuela, she developed a successful career in sales, marketing and business development in the Information Technology market in Latin America. She has a Bachelor Degree in Computer Science and Engineering, a Master's degree in Marketing, an extensive experience as a manager in the local subsidiaries of important US corporations in computers and software. She is a very studious person that has been learning and researching about psychology, spiritual practices and holistic methods to achieve life goals and cope with life challenges. She graduated from Martha Beck's Life Coaching Training and started her Coaching practice focused in relationships, career development and coping with disabilities. She is legally blind and lives in Cooper City Florida, USA.