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Does practicing gratitude really matter?

If you were to list tools used by the US Army, the Navy, NASA, Olympic athletes and NFL teams (or organizations like Goldman Sachs) in managing pressure, would practicing gratitude be on that list?

While it may appear too soft and squishy to associate a strategy that an elite athlete would use as they approach a gold medal match, or, a manager might pull out of their quiver when faced with the pressure of disruption or change, the practice of gratitude is game-changing for the skillful management of emotions.

Read more here

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