

The 5 Most Recommended Videos on Happiness and Gratitude

Compiled by Sha Nacino



Do you feel sad sometimes?

Do you get frustrated sometimes?

Do you want to be happy?

If you answered YES, here are my five most recommended videos on **Happiness** and **Gratitude**.
Why Gratitude? Because Gratitude has a lot to do with Happiness.

Enjoy!

I wish you success and happiness!

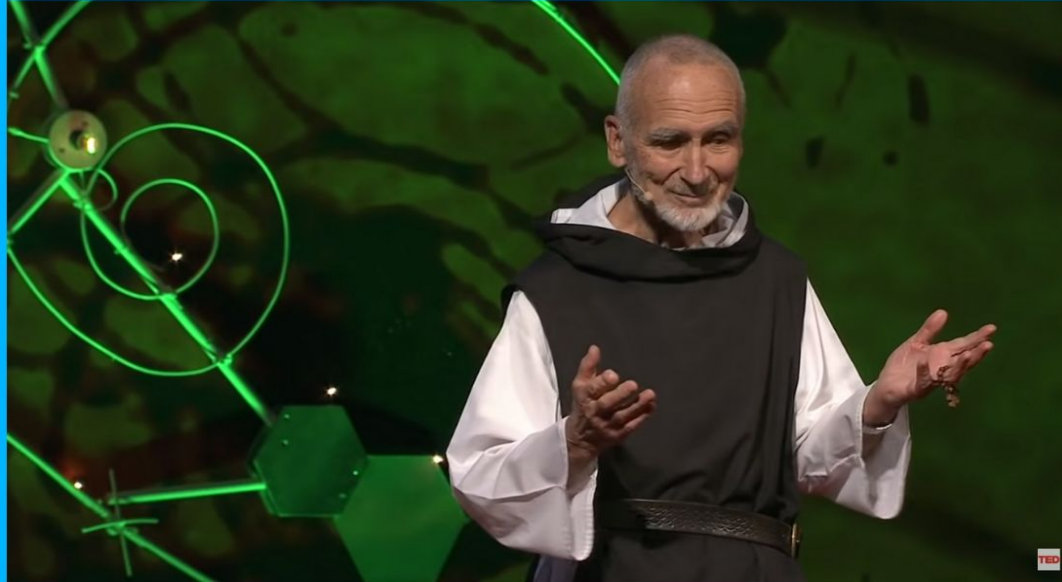
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Want to be happy? Be grateful - David Steindl-Rast



<https://www.youtube.com/watch?v=UtBsl3j0YRQ&t=8s>

2

How to practice emotional first aid - Guy Winch



<https://www.youtube.com/watch?v=F2hc2FLOdhl&t=603s>

3

How to fix a broken heart - Guy Winch



<https://www.youtube.com/watch?v=k0GQSJrpVhM&t=74s>

4

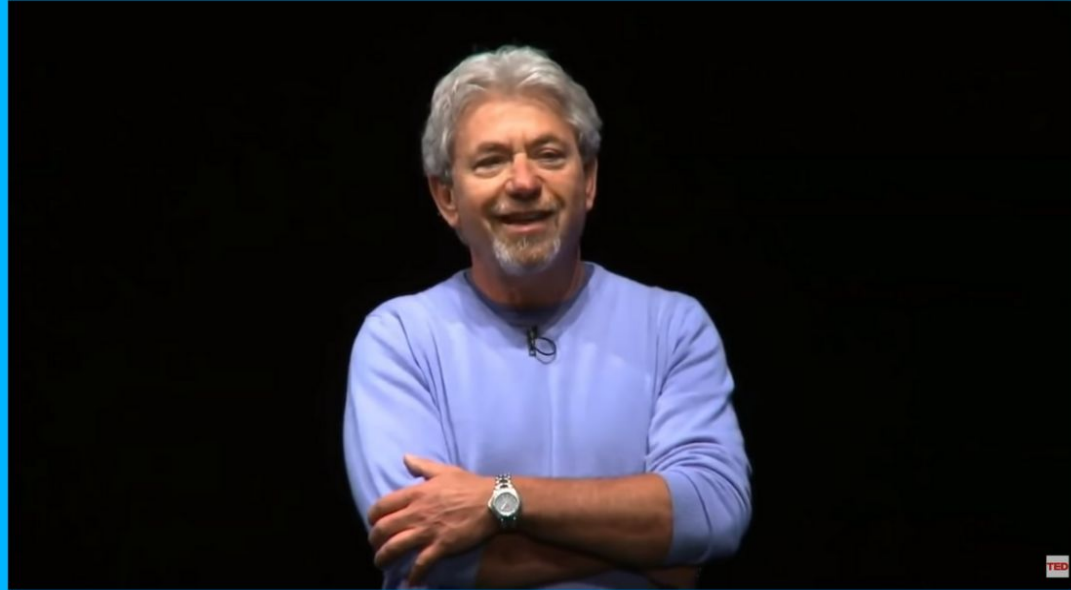
Want to be Happier? Stay in the Moment - Matt Killingsworth



<https://www.youtube.com/watch?v=Qy5A8dVYU3k&t=144s>

5

Nature. Beauty. Gratitude - Louie Schwartzburg



<https://www.youtube.com/watch?v=8IXYZ6s3Dfk>

I know I only said 5. You're in for a treat! Here's a bonus video. It's only 3 minutes.

6

Remember to Say Thank You - Dr. Laura Trice



<https://www.youtube.com/watch?v=ag-Oyn8vIPE&t=184s>

Hope you enjoyed the videos.

If you need more tips on happiness, visit <http://writeuniversity.net/p/the-90-day-happiness-challenge>



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