

Having trouble viewing this email? [Click here](#)

Awake Mind Newsletter

Mindfulness & Psychotherapy

Fall 2014



Dear Julie,

Hope you had a great Thanksgiving! In keeping with the season I'd like to share some recent research that examines the psychological benefits of gratitude.

Some studies find an inverse relationship between gratitude and materialism. The more gratitude we feel, the less we want. We are happier with what we have, less focused on acquiring or consuming more.

- **Why are materialists less happy?** The role of gratitude and need satisfaction in the relationship between materialism and life satisfaction. Jo-Ann Tsang, et al. *Personality and Individual Differences*, 2014; 64: 62-66. ([link to abstract](#)).
- **Is Gratitude an Alternative to Materialism?** Polak, E.L. & McDullough, M.E. *Journal of Happiness Studies*, 2006; 7:343-360. ([link to article](#))



How do we cultivate more gratitude?

- **Noticing and pausing** when something good happens. So many simple everyday things we can take note of and be grateful for.
- **Using a reminder** such as "Joyful to have a human life", or "I am so fortunate". I recommend this funny 7 minute video about cultivating gratitude "[Confessions of a Jewish Mother: How My Son Ruined My Life!](#)".
- **Keeping a gratitude journal** is helpful. Here are a couple of popular free apps:
 - [Gratitude Diary](#) (iphone)
 - [Attitudes of Gratitude Journal](#) (android)

Below is information about my future workshops. Hope to see you in 2015.

Feeling so grateful. Best to you!
Julie

Earning Secure Attachment:

EMDR, Mindfulness & Self-Compassion

Advanced EMDR Workshop: 12 EMDRIA CEUs
with Julie Greene, LPC

San Diego, California

January 30 - 31, 2015 (Fri & Sat)

Austin, Texas

February 27 - 28, 2015 (Fri & Sat)

Boulder, Colorado

October 24 - 25, 2015 (Sat & Sun)

Regular Fee: \$350. Early Bird: \$300.

(Limited to 24 participants so register early)

[Link to more info](#)



EMDR Basic Training

with Julie Greene, LPC

-- let your friends and colleagues know --

Bonnars Ferry, Idaho

Level I: March 27 - 29, 2015

Level II: August 21 - 23, 2015

Boulder, Colorado

Level I: April 10 - 12, 2015

Level II: September 11 - 13, 2015

[Link to more info](#)



This email was sent to julie@awakemind.org by julie@awakemind.org |
[Update Profile/Email Address](#) | Rapid removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).



Try it FREE today.

Awake Mind, LLC | PO Box 1026 | Crestone | CO | 81131-1026