

The *Ultimate* Gratitude Journal

**52 Weeks to
a New You!**

Learn David's Unique
Journaling Method to
Help You Overcome Life's
Uncertainties!



By David Essel, M.S., O.M.
#1 BEST SELLING AUTHOR OF "FOCUS! SLAY YOUR GOALS"



THE ULTIMATE GRATITUDE JOURNAL
52 WEEKS TO A NEW YOU!

Also by David Essel
Of his 12 books, 4 have become #1 Best-Sellers!

#1 Best-Sellers

Angel On A Surfboard

A Mystical Romance Novel That Explores The Keys to Deep Love

Focus!: Drop the Law of Attraction. Slay Your Goals.

The proven guide to huge success,
a powerful attitude and profound love.

Positive Thinking Will Never Change Your Life But This Book Will

The Myth of Positive Thinking, The Reality of Success

Rock Star: Finding God's Purpose for Your Life



Helping Americans Heal

Love and Relationship Secrets

50+ Flavors of Erotic Love

Slow Down: The Fastest Way to get Everything You Want

The Real Life Adventures of Catherine "Cat" Calloway The First:

The New Kid In School

How to Experience Heaven on Earth:

A Life-Changing Story for Today. Tomorrow. Forever

Phoenix Soul: One Man's Search for Love & Inner Peace

Language for the Heart and Soul, Book One: Powerful Writings on Life

Papa's Tall Tales: Diamond the Dolphin (2020)

The Ultimate Gratitude Journal

52 Weeks to a New You!

**Learn David's unique journaling method
to help you overcome life's uncertainties!**

The Companion To

Helping Americans Heal!
The Ultimate Guide to Healing,
During These Challenging Times

David Essel, M.S., O.M.

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Book design: Russel Davis, Gray Dog Press, www.GrayDogPress.com
Cover photographs by Lisa Belcher, www.candidsbylisabelcher.com

ISBN: 979-8-9855118-0-2

Printed in the United States of America

Dedication

I DEDICATE THIS BOOK, with all sincerity, to one the most beautiful, loving, compassionate and strong men who has ever walked this earth.

I'm talking about: my brother Terry Essel.

Throughout his whole life he has been a leader, someone that easily draws the friendships of others, and would walk through busted glass to do anything for our family.

In the last several years, he has been an absolute savior with my mom and dad, as they have struggled with a variety of mental and physical illnesses.

He has become "the ultimate caregiver" by organizing all kinds of nurses, nurses aides and more who have been helping my parents over the last several years.

He has been responsible for the interviewing, hiring, scheduling of nurses for our mom and dad 24 hours a day over the last number of years, without one complaint, without one snide remark, but with just a beautiful smile on his face.

He has called upon my sister, Marydiane Scheemaker, and she responded so exceptionally well in helping him, while they are up in Central New York and I am down in Florida.

It's always a team effort with our family, but in this case, my brother Terry has rocked everyone's world with his ability to stay so focused, grounded, and logical with 1000 different medical decisions that he's had to make over the last number of years.

When my mom passed, about a year ago, he and my sister were the ones that had to do all of the organizing with the funeral homes, the last rites with the priest, and also all of the challenging situations that he had to go through while my mom was deteriorating on a weekly basis with dementia. Then, my dad recently passed, and my brother Terry was the last person with him. And I'm so proud he was able to go through that difficult process.

I recently had him on my radio show, I am so darn proud of him, for his ability to do so much with my mom and dad, and I wanted him to share the wealth of information that he has earned and received as one of the top caregivers that I have ever come across in my life.

Terry, "the Kid", you are loved beyond imagination, you are respected beyond your wildest imagination, and I love you more than you might ever know.

I love you.

David

How to Use This Journal

I AM SO EXCITED to bring this unique form of journaling to the masses. Gratitude journaling has been around forever, of course, but the way that we've taught it has made such a massive difference in the lives of our clients over the past 42 years, that I wanted to share with the world!

When we're in a state of gratitude, there's a cascade of chemicals in the brain, lifting our spirits, giving us hope, and sometimes even a sense of invincibility!

Studies at heartmath.org has shown the reaction of the brain to positivity, to feelings of gratitude, and documented the release of these chemicals in the brain, lifting our spirits improving our mood.

But gratitude does not work if it's only done every once in a while, which is the reason I created this journal, so seven days a week you can be immersed in gratitude, lifting your own spirit simply by taking a few minutes every day to write in the journal you're holding in your hand right now.

We want everyone to heal, and we know that in order to heal, we're going to have to take action steps. It can't just be positive thinking. It can't just be wishful thinking. It can't be just trying to force a great attitude. The action step here is the action step of writing, expressing, venting, and after it's all is said and done, it's really about getting to know ourselves better and creating a pathway for more massive success.

Gratitude, especially in writing, boosts our self-confidence! Our self-esteem! Which is really just another word for self-love.

People who write statements of gratitude on a daily basis will start to feel more grounded, more in control, more optimistic in nature!

But if we don't do this one important step, journal every day, and we get sucked into the vortex of the evening news, or arguments on social media, we will completely miss the concept of gratitude.

Smiling at the sunset, or a cardinal in your back yard, can bring about a sense of gratitude. Looking at the ceiling right now, and understanding how grateful we are to have a roof over our head can lift our spirits with gratitude.

Open the refrigerator, and any amount of food in there right now can be a reason to be grateful in life.

We forget to have gratitude for our sight, if we can see, our legs if we can walk, our arms if we can hold things.

There are so many people in this world that cannot see, that are missing arms and legs, and many of these individuals have an amazing attitude even with their current challenges!

And what about the rest of us? If we can see, walk and hold something on our hands we should be just as grateful, as those who might be physically challenged, but have an attitude of gratitude every day!

During the pandemic? Oh my Lord! We need gratitude now more than ever!

In my work as a mental health professional for 42 years, I have never seen the amount of negativity, anxiety, depression, addictions, insomnia, PTSD, suicidal ideation and more!

So in these crazy times of the pandemic, I'm not saying that a gratitude journal is going to solve everything, but it will solve one thing: your attitude!

And if your attitude is strong, you can be strong.

THIS, is a very different type of a journaling technique!

A NUMBER OF YEARS AGO, when I taught journaling and journaling about gratitude, I was only teaching my clients one form of journaling. I was teaching them to journal what they're grateful for, but nothing else.

And while that's a great start to learn the art of journaling, over the years I've learned that we needed much much more if we want to see long standing changes in life.

So years ago I created something called, "The 4 x 4 Journaling Technique."

The 4 x 4 journaling technique is set up like this:

Phase 1

WE WRITE EVERY DAY, best is usually at the end of the day, four or more things that we are grateful for that day. Maybe we had a great morning. Maybe we had a beautiful lunch. Maybe we got a lot of work done. Maybe we solved a huge problem. Maybe we were kind to our partner when we didn't want to be. Maybe we gave a homeless man a sandwich on the street. Maybe we had gratitude for a sunrise, or sunset!

So in phase 1 we write everything during that day that we're grateful for. This will boost our self-confidence and self-esteem. It gives us a sense of hope, that there are good things going on even during these incredibly challenging times.

And by putting it on the lines of the pages in this gratitude journal book, we start to marry the "conscious and subconscious mind."

The conscious mind, is the mind of intent. "I'm going to journal every day. I'm going to exercise four days a week. I'm going to only eat healthy meals. I'm going to forgive everyone I have a resentment for."

This is the work of the conscious mind, the mind of intention. The mind of planning. The mind of goalsetting.

And then we have the subconscious mind, and this is where it gets tricky. The whole purpose of the subconscious mind is to keep us exactly where we are today, no forward movement, no backwards movement.

The subconscious mind can either be a saboteur, or an ally.

Whatever type of pattern you feed into the subconscious mind, the subconscious mind overtime takes it as our reality. So, if we drink on a daily basis the subconscious mind will think well that's what we want, and if we try to cut back on drinking all of the sudden the subconscious mind jumps to life:

"OH come on, you haven't had a drink for several days, it's Friday you can have at least one tonight. You have not seen these friends for months, it wouldn't hurt just to have one drink with them."

That's the power of the subconscious mind, trying to keep us to hold onto a habit that we have fed our own subconscious mind for months or years.

I know the situation too well. For 30 years I was an alcoholic, and every night when I finish my counseling work, I would come home and the very first thing that would register in my brain would be, "wow what a day! Let's relax with a glass of wine."

Because I fed my mind the pattern for 30 years of drinking every day, all my subconscious mind was doing was trying to remind me what I had taught it that I wanted!

We say, that the subconscious mind, wants to "protect the known."

In other words, whatever pattern we have fed it , that might be negative in nature, like my drinking, it becomes "the known", and the subconscious mind will go to the ends of the earth to protect the habit that we have fed it for so long.

Now the great news is, the subconscious mind can also be an ally! If you brush your teeth every day, and you don't need to put a note on the bathroom mirror that says "John don't forget to brush your teeth," that's an example of the subconscious mind in a positive, proactive position.

So, just like the alcoholic that has trained the subconscious mind that drinking every day is what we want, somebody who brushes their teeth every morning for years, will not have to "think", to remember to do it every day.

Regarding the brushing of our teeth daily, subconscious mind takes that positive pattern and does the work for us, reminding us, on a very subtle level, that we're going to brush our teeth before we leave the house.

So now we jump into Phase 2 of our gratitude journaling technique.

Phase 2

IN PHASE 2, we write about the things that we were challenged by that day. Maybe we were late for work and we write that down. Maybe we cut off someone in traffic, and we knew that that was not a wise decision.

Maybe we said we were going to quit eating junk food or fast food, but at lunchtime we went and ate it anyway.

Maybe you said we were going to get up and go to the gym today, but we didn't.

In phase 2 we're writing about the things that we are disappointed with, challenged by, or maybe even upset with ourselves over.

At the end of the week, what we're looking for in phase 1, is repetitive actions that make us feel good, that we write about every day, to boost our sense of gratitude!

Also, at the end of the week, we're looking back at our challenges, and anytime we see a challenge appear more than one time, that challenge has become a pattern.

Over the weekend, you will write down in the very last column, the challenges that have become a pattern, the challenges that we repeated more than one time, and we must stop for a moment to come up with a solution to those challenges before we go onto the next week.

For gratitude on weekends, we revisit the week and write down those things that we are most grateful for over the past seven days. Sit with your gratitude. Slow down. Enjoy your progress!

This is called, "Yin and yang," journaling. We want to look at the great stuff that's going on to boost our confidence and self-esteem, but we don't want to put our head in the sand!

We also want to write about the challenges that we've been facing, so that at the end of the week, if we see that we have eaten fast food three times when we said we wouldn't, we have to come up with a solution. Preparing your meals at home is probably one of the quickest and simplest solutions you can come up with.

This journaling technique is so rare that I have never met a client, when I explained this to them, that they told me they were already doing it.

Most of us journal our good stuff, but many don't even want to look at our challenges, especially in writing!

When we put things in writing, they become real. There's no way that you or I or anyone else could remember every positive thing that happened seven or 10 days ago, but when we use this journal and put those positive things in the journal, it will have an immediate effect on how we feel about ourselves!

And the same goes through with the challenges. There's no way that any of us could remember seven, 10 or 15 days ago what challenges we faced on that day unless it's in writing. And once it's in writing, even if we don't really care to see it, it gives us the incentive to change!

IMPORTANT!!! We highly recommend to write very slowly, do not rush through your daily journaling. Pause. Slow down. FEEL the words you are writing!

Here's an interesting story. I just mentioned above that I had never met a client, who had ever done this type of journaling before, but just today I was on a radio show once again with brother Gregory, from Seton Hall University, and he mentioned to me that this is the way that his mentor taught him to journal years ago!

I was shocked! Brother Gregory, is the only person I've ever met in my life, that already journals the way we are teaching you how to do it here. Way to go brother Gregory!

So use the journal in your hand the way that we're describing it, and it will have the biggest impact on your self-confidence, self-esteem, and it will also give you a great opportunity to turn around any of those challenges that you see become a pattern, before they become too ingrained and difficult to remove.

Use this journal every day. Use it wisely. And get ready, for your life to change for the better!

When Is The Best Time to Journal?

FIRST, we ask all of our clients to stay off of all electronic devices for the first hour of every day. No social media, no news, no stock reports, use the first hour of every day for your own personal growth. IT WORKS!

You can journal the first hour every day or the last hour of every day.

People asked me on a regular basis when is the best time to journal. With the format that we've created here, honestly the best time to do this would be in the evening, so you can reflect back on the day to all the positive things that you're grateful for as well as all the challenges that you may have faced today.

But if that doesn't work for you, and the only time that you can journal is noon, or the only time you can journal is 11 PM in the evening that's OK!

Don't judge yourself! It is more important to be consistent seven days a week, then it is to do it in the evening.

It's more important to be consistent in your journaling of both your gratitude and your challenges then even to worry about how many items you're writing in the lines given!

There may be some days where you can only think of one or two things you're grateful for, and other days you may have 10 or 20!

There may be some days that you only have one challenge, and other days you might have nine or 15!

But please don't judge yourself. Just do the work. And if you do the work every day, I can guarantee you this: at the end of 365 days, you will be a radically changed person.

And why is that? Because you're stopping the challenges, the ones that have become a pattern, at the end of every week.

At the end of every week, you're coming up with solutions, so you don't carry over these challenges into the next week, or the next month, or even the next year!

Write honestly. That's the only way you're going to see the massive benefits that come from daily journaling.

I personally have been journaling for over 40 years, and there isn't a day that I don't take the time, sometimes I only have five minutes, but there isn't a day I don't take those five minutes and start to write down things that I'm extremely grateful for.

And also, the things that I'm challenged by. And just like you, it doesn't matter that I'm a counselor, it doesn't matter I'm a bestselling author, I face massive challenges in my life as well.

And what I've tried to do, over the years, is to follow my own advice: when I see a challenge, within seven days I am doing everything I can to eradicate that challenge.

It might mean that I Reach out to a counselor that I work with, and ask her for her thoughts on how to break the pattern or break the challenge.

Other times, I will tell my clients, "Go and Google it." Google how people overcome the challenge that you see yourself writing about in your own journal."

I want you to be empowered. Every week, through this journal, I want you to heal, and by becoming empowered and seeing that you have the internal power to eradicate challenges is one of the greatest gifts that you will ever give yourself!

I want you to be empowered also by the gratitude that you're writing about! When you're writing everyday things that you're grateful for, you are lifting your own spirit, you are becoming your own coach, your own counselor, your own therapist!

And what can be better than that? Use this journal, to follow the progress you make positively as well as to look at the challenges that may be popping up, and taking care of them before they become a long-standing bad habit or addiction.

And yes, there are times that I don't want to write down the challenges that I faced that day, mainly because I don't want to face reality.

But I write them down anyway. I sit with them. I think about them. And if I can't come up with my own answers, I will reach out to a professional. Or as I mentioned above, I also use Google to help myself continue to heal, and progress in life.

If you miss a day, jump right back on the horse and start writing the next day. Don't allow missing days of writing in this journal to become a pattern!

If you have to put an alarm on your phone to remind you to journal, and many of my clients do that every day, that is totally fine. Whatever it takes to get you into the habit of journaling, is well worth the effort.

I love at the end of the year, of working with a client, to have them come in with all of their journal techniques, and look at everything that they've created that they have gratitude for in their life, and also to look back and to rejoice over the patterns they have shattered!

To me, writing about the challenges isn't negative at all, it's part of reality, it's saying "I want to face the truth, I want to live at the highest level possible, and I'm going to do it by staying in my own integrity. I'm going to walk my talk. I'm going to be real with myself and others. And by writing in this journal, I can stay on a pathway of progress and success."

I have been very fortunate over the years to interview and work with people like the late Wayne Dyer, Deepak Chopra, Ram Dass, who all so strongly believe in the power of gratitude.

I remember interviewing Reverend Matthew Fox, who is so into gratitude that he shared with me the only prayer that he believes we all need to make every day is this one "Thank you."

Many very deep spiritual teacher teachers believe in this as well. That if we are grateful for what's

going well in life and we're grateful for the challenges that we turn into learning experiences, that means we can say thank you for everything!

I know that's a stretch for many people. And I'm not going to force you to go down any rabbit hole you're not ready to go down.

But I do want you to remember this: by writing in the journal every day we will help everyone heal! We will first start by helping you heal, and then as millions of people purchase this gratitude journal and start to do the work, they will heal as well.

And what's next after that?

Well, quite simply, We will then go out and heal the world!

Slow down. Enjoy the time to write. When you're writing your gratitude every day, write very slowly. Feel the gratitude. Don't rush through this exercise. Write so slowly, that you can feel gratitude for those items on a daily basis that truly make you happy. Feel. Feel. And feel some more.

Sending you love, success in everything you could desire in life!

Love,

David

Helping Americans Heal![™] the Program

DAVID ESSEL, #1 BEST SELLING AUTHOR, Counselor and Master Life Coach offers a new monthly program to help ALL AMERICANS to heal. THAT IS YOU! Civilians, Veterans, First Responders . . . EVERYONE! From Love Challenges, Financial Problems, Focus/ADD/ADHD, Attitude, Addictions, Depression, Anxiety, Insomnia, PTSD, Career Challenges & More!

According to the statistics, there has been a 1,000% increase in alcohol sales alone in the last year. And, this is only one major issue we face in this country.

If we want to look at more statistics, it actually becomes quite depressing. Millions of relationships are in need of so much help and yet there does not seem to be enough resources to go around.

Since the pandemic hit in 2020, there has been an incredible increase of dysfunction in relationships, addictions, insomnia, low self-confidence, low self-esteem, loss of identity, suicide and so much more.

After 42 years as a counselor, minister, number one best selling author and master life coach, David has been blessed to have the opportunity to work with so many Americans, to help them with all of the challenges they're going through, but he realized, once again: So many people are in such a difficult financial situation that they cannot afford the help of counselors such as myself! So what do we do? We create a program just for YOU, that's exactly what we do.

ALL AMERICANS? YES! Hairstylists, First Responders, small business owners, moms, dads, plumbers, veterans and families, students, accountants, nurses, single moms, single dads, counselors, active military personnel and families, executives and everyone else who lives in this amazing country!

And that's one of the reasons we created our new program, Helping Americans Heal[™], because our greatest area of experience over the past 42 years is mental health.

Pandemic or no pandemic, we desperately need help to change how we approach the challenges we are all facing.

Through our program, Helping Americans Heal[™], we will be offering everyone:

- 1) A FREE copy of David Essel's number one best selling book in PDF format, *Positive Thinking*.
- 2) A weekly newsletter offering articles, podcasts and videos that are all inspirational and proactive.
- 3) A monthly Mastermind Video, where David will answer your personal questions on life's challenges, with love, money, health, addictions, anxiety, depression and more.
- 4) Every several months, you will also receive an online video course to give you additional tools in order to handle stress and set fantastic goals!
- 5) You can get David's free audio: *Meditation/Relaxation To Distress, Relax*.
- 6) And you can get a FREE annual subscription to *Recovery Today Magazine*, at no charge!

Your questions, and your involvement in this program, will always be anonymous and 100% confidential.

He has experienced personally, many of the challenges that you have faced as well, and not to compare my challenges with anyone else's, he believes his own struggles will help those who are part of this program, as well.

Remember: You Are Never Alone . . . We Are Here For You!

Through our program we will help YOU in a variety of ways:

- Stress Management, Anxiety, Depression.
- Emotional Regulation, Attitude Healing.
- Holistic Addiction Recovery.
- Marriage & Relationship Assistance.
- Weight loss.
- Insomnia.
- Post Traumatic Stress Growth and PTSD.
- Career Growth.
- Financial Budget and Support.

Helping Americans Heal™, will become a mainstay in the United States of America, as one more organization that is dedicating our time and resources to help people learn how to deal with the stress, uncertainty, isolation, and other challenges we are facing due to the pandemic and many other challenges our country is facing today.

**Please, Do Not Suffer In Silence.
Join Our Proactive and Powerful Group Today!**

HELPING AMERICANS HEAL™

(Free For The First 500,000 People!)

David Essel is serious about Helping Americans Heal™!

He's putting his money where his mouth is.

**We are giving away 500,000, online proactive healing programs,
a value of \$240 million absolutely FREE!**

Sign Up For Free Right Now!

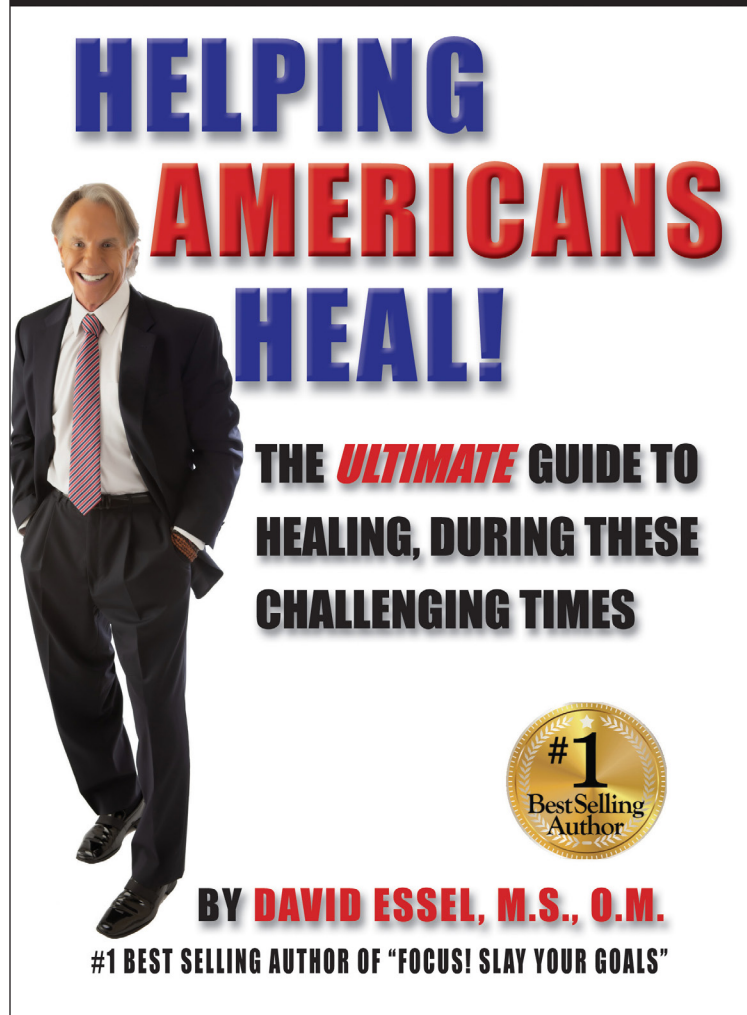
Go to www.DavidEssel.com to sign up today!

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52 Weeks to a New You!

The Companion To:

*David Essel's destiny is to help you feel more
alive in every area of life! —Dr. Wayne Dyer*



**HELPING
AMERICANS
HEAL!**

**THE *ULTIMATE* GUIDE TO
HEALING, DURING THESE
CHALLENGING TIMES**

BY DAVID ESSEL, M.S., O.M.

#1 BEST SELLING AUTHOR OF "FOCUS! SLAY YOUR GOALS"

#1 Best Selling Author

The book cover features a black and white photograph of David Essel, a man in a suit and tie, standing with his hands in his pockets. The title 'HELPING AMERICANS HEAL!' is prominently displayed in large, bold, blue and red letters. Below the title, the subtitle 'THE ULTIMATE GUIDE TO HEALING, DURING THESE CHALLENGING TIMES' is written in black. At the bottom, the author's name 'BY DAVID ESSEL, M.S., O.M.' is shown in red, followed by a gold seal that reads '#1 Best Selling Author'. A quote from Dr. Wayne Dyer is at the top of the cover.

Week 1

“I fully believe that learning to love individuals who are different than we are, and accept individuals who are different than we are, is one of the traits of a deeply connected, spiritual individual. Someone who is living in deep consciousness, someone who is very present in life.” David Essel, from his book, *Helping Americans Heal*.

Monday

I am most grateful today for:

Here are my challenges for today:

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Tuesday

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Weekend

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What are my solutions for the challenges this week?:

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Week 2

“Mistakes can lead to greatness. Through my mistakes, I found a secret formula for success: 20% of massive success will come from the way we think, and 80% will come from being willing to do the work that we are not doing today. Do the work. Do the work. And, do the work.” David Essel, from his book, *Helping Americans Heal*.

Monday

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Here are my challenges for today:

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Weekend

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What are my solutions for the challenges this week?:

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Week 3

“When we feel joyful, the world is a happy place. Joy brings a sense of peace. For some individuals, joy brings laughter and smiles daily. Reaching joy on a daily basis, brings fun into this dance called life. What brings you joy?”
David Essel, from his book, *Helping Americans Heal*.

Monday

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Here are my challenges for today:

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Week 4

“Feeling numb? Open yourself to new experiences during the pandemic. Get out in nature daily. Do strenuous exercise. If you feel numb, write about what you don’t want to look at or experience. Stay real. Look to help others, as a way to shatter your numbness.” David Essel, from his book, *Helping Americans Heal*.

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Week 5

“Everything changed when I got sober. When I had the opportunity to once again help raise children, I was emotionally available. I was present. When they were in pain, I was able to sit and talk to them in their pain. When they were jumping with joy, I was jumping right with them. Be present with your children.” David Essel, from his book, *Helping Americans Heal*.

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Week 6

“True gratitude? It begins in the present moment. Become grateful for whatever you have right now. When we do this, we are opening the door to a more powerful existence. And if life never changes? We can still be happy right now, wherever we are.” David Essel, from his book, *Helping Americans Heal*.

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Week 7

“In recovery, perseverance is everything! I encourage all of my clients to commit 365 days in a row for recovery from any addiction. It’s a much bigger commitment than one day at a time, and the results show. Willpower. A great accountability partner. Can help you shatter any addiction in the world.” David Essel, from his book, *Helping Americans Heal*.

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Week 8

“All incredibly successful people, do what they would rather not do every day in life. They shatter procrastination. There’s no one in the world that can do this for you. No one. Inspire yourself. Like the greatest athletes or artist . . . Never give up.” David Essel, from his book, *Helping Americans Heal*.

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Week 9

“It’s time to take a break from your struggle. Is David Essel saying that? Yes, and I couldn’t be more serious! Taking a break does not mean we’re giving up on our goal, it means we’ve reached a stage of exhaustion, and we need 24 or 48 hours away from the goal. Relax. Let inspiration take over.” David Essel, from his book, *Helping Americans Heal*.

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Week 10

“Pandemic anxiety? Limit yourself to updates and information on the pandemic. Limit conversations around the pandemic or the vaccine. Minimize alcohol, nicotine or drug intake. Take charge of your life.” David Essel, from his book, *Helping Americans Heal*.

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Week 11

“The keys to long-term love include attraction and compatibility . . . but also the often time missing link of logic! Make sure the person you’re interested in, does not carry any of your deal killers in love. It’s simply logic, in love.”
David Essel, from his book, *Helping Americans Heal*.

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Week 12

“Brave people are not afraid to diminish the time they spend with individuals who have become negative in nature. Or those who are deeply struggling with addictions and they don’t want to change. Brave people surround themselves with individuals who are incredibly supportive, who have moved past their own challenges in life as well.” David Essel, from his book, *Helping Americans Heal*.

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Week 13

“Self-love is about releasing negative thoughts, habits and addictions. With self-love we treat our body like this temple it should be treated as. We know we are here to serve the world and we love ourselves more by going deeper into greater service for mankind. Look into the eyes of the homeless. Send them love. When you do this you’re loving yourself at the same time.” David Essel, from his book, *Helping Americans Heal*.

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Week 14

“Let go of the past. If we have resentments against ourselves or others, we are living in the past. If someone betrayed you or deeply hurt you, it might be a great struggle to even think about the concept of forgiveness. Become free. One of the most powerful things you can do is to forgive yourself and others, to radically improve your life.” David Essel, from his book, *Helping Americans Heal*.

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Week 15

“Death is coming. And this is a positive statement! When you respect death, you live life to the fullest. When you respect death, there’s no time to be a victim. When you respect death , you maximize every moment of every day. When you respect death, you live in the moment, looking for that beautiful bird or that gorgeous cloud in the sky. When you respect death, you live life!” David Essel, from his book, *Helping Americans Heal*.

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Week 16

“After my mom died, I had this incredible opportunity to become more intimate with my dad. I sat one day telling him about challenges in life I had never shared with him. About how much he meant to me, and how much I learned from him. We sat together for over 20 minutes, direct eye contact, a conversation, that still touches me today. Don’t wait.” David Essel, from his book, *Helping Americans Heal*.

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Week 17

“Excellence is an art won by training and habituation. We do not act rightly because we have virtue or excellence, but we rather have those because we have acted rightly. We are what we repeatedly do. Excellence, then, is not an act but a habit.” —Aristotle

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Week 18

“Fall down seven times, stand up eight.’ A beautiful statement from Buddha. Most of us have failed so many times that we can’t even remember the number. But if we’re still here, that means we’ve gotten up after every failure! You are that resilient. Let’s keep moving.” David Essel, from his book, *Helping Americans Heal*.

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Week 19

“The independent man or woman does not have a problem asking their partner to change, if such things like addictions, extreme negativity or laziness are part of your existence. Give them a chance to change. Encourage them. Support them. It may be exactly what they need.” David Essel, from his book, *Helping Americans Heal*.

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Weekend

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What are my solutions for the challenges this week?:

Week 20

“I struggled with depression and anxiety for many, many years. I found that I was worried about things that may never happen, or upset or depressed about things that happened in the past. Once I realized that both of these situations were out of my control, I was able to begin the process of healing. Let go. The same can happen for you.”
David Essel, from his book, *Helping Americans Heal*.

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Week 21

“Before we begin a new relationship, we need to forgive ourselves for anything we’ve done in the past that has hurt someone else in life. Then, completely forgive any past partner, regardless of how they treated you, in order to be ready for a new relationship. Resentments against past partners, that are not released, will negatively affect the new relationship as well.” David Essel, from his book, *Helping Americans Heal*.

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Weekend

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What are my solutions for the challenges this week?:

Week 22

“Bad habits are a result of a pattern we have formed in the subconscious mind, in order to escape life. So instead of learning how to deal with shame, guilt, arrogance, anger, resentment, boredom or more, The habit takes our mind off of what we need to do to heal. Bad habits help us avoid dealing with reality.” David Essel, from his book, *Helping Americans Heal*.

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Week 23

“Our free will, and our ability to choose positive thoughts and actions, is actually one of our greatest super powers! Through free will and choice, we stop procrastinating, we drop victimhood. Just like Martin Luther King Jr., Mother Teresa and others have done in the past. With choice your future is limitless! Choose wisely.” David Essel, from his book, *Helping Americans Heal*.

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Week 24

“Change is possible! At any moment, like right now, you can choose to get sober, double your income, or lose 100 pounds. Why not today? Write down your plan. Follow it daily. Change, equals freedom.” David Essel, from his book, *Helping Americans Heal*.

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Week 25

“During these challenging times, anyone can fall victim to a mental health break down. Look at Olympic medalist Simone Biles! She has become a role model, for mental health support. Anxiety. Depression. Addiction. Our priority right now? Should be our mental health.” David Essel, from his book, *Helping Americans Heal*.

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Weekend

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Week 26

“When we accept the fact that the pandemic is here, and no one really knows if or when it’s ever going to end, we can start living with more inner peace. Start living today! The new hobby? The new career path? The new spiritual path? Go!” David Essel, from his book, *Helping Americans Heal*.

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Week 27

“Being alone on a Friday or Saturday night, without the need to drink, take drugs, eat sugar . . . is a sign of personal power! Instead sit in the bathtub and read a good book. Take care of yourself. That’s your priority.” David Essel, from his book, *Helping Americans Heal*.

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Week 28

“Walk instead of argue. When you’re with a partner, child or even coworker, where you regularly go into to negative conversations, learn to end them quickly. Take a 15 or 20 minute walk before you continue carrying on a conversation, that is going down the tubes.” David Essel, from his book, *Helping Americans Heal*.

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Week 29

“Inner peace? Do not turn on any electronics for at least the first 60 minutes every day. Social media, the news, even stock reports can start to increase the release of adrenaline, which can then increase anxiety and stress. The exact opposite of what we are looking for.” David Essel, from his book, *Helping Americans Heal*.

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Week 30

“On June 1, 2020, I cut out all news, all media and anything on social media that wasn’t photos of puppy dogs or gorgeous nature pictures. My life became much simpler, less stressed. I’ll be informed on huge news, through one of my clients. There’s no need for me to be involved deeply in the media anymore. Think. The same peace, can happen for you.” David Essel, from his book, *Helping Americans Heal*.

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Week 31

“The most important relationship you will ever have in your life, is the one with yourself! Self-love is so lacking in our country today. How do we heal? How do we change? The key, will be found in the repetition of new thoughts and new habits. Let’s change now. Let’s change together.” David Essel, from his book, *Helping Americans Heal*.

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Week 32

“Imagine this. You’re ready to pick up that drink tonight like you always do, or the sugar, or the nicotine . . . And then you realize, you have a choice! And you make a different choice! You are now fully engaged in the art of life mastery. Keep going strong!” David Essel, from his book, *Helping Americans Heal*.

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Week 33

“Even in this world of constant suffering, there are millions of people that begin every day and end every day with a positive, powerful attitude. It doesn’t come through simple affirmations or vision boards. It comes by shifting our thoughts, beliefs and action starting right now to realize this: every day is a complete blessing! Look for the blessings daily.” David Essel, from his book, *Helping Americans Heal*.

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Week 34

“Social media addiction is out of control in our country today. Challenge yourself. For the next 30 days, minimize your time on social media to 30 minutes every day. You may experience withdrawal, just like the addict who misses their daily drink or drug. The benefit? An incredible sense of self-control and inner peace.” David Essel, from his book, *Helping Americans Heal*.

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Week 35

“Workaholism can appear in many ways: irritability, a lack of patience, dropping of hobbies, low-grade anxiety and depression. Get help today, don’t try to do this on your own. Peace will follow.” David Essel, from his book, *Helping Americans Heal*.

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Week 36

“A true apology? Apologize in specifics for what you did that was incorrect and then just be quiet. Sit still. Sit in your humility, your vulnerability, never use the word “but” or anything else that takes the apology away. Sit with it, healing has already begun.” David Essel, from his book, *Helping Americans Heal*.

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Week 37

“You can become a great father at any age! Spend private time with each of your children, to become more emotionally connected. Make every event, school, sports, music, arts even as they age do your best to be present with everything they’re involved with. Instead of giving advice, ask your children questions. That will create a deeper relationship between you both.” David Essel, from his book, *Helping Americans Heal*.

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Week 38

“Make this year, your year! Read books that will take you deeply into the world of spirituality or books about people who have overcome great hardships in life. Fill your mind with the potential of greatness, the potential of change. Stop complaining. Put your effort, and energy into following those who are changing in life, regardless of the challenges. Go.” David Essel, from his book, *Helping Americans Heal*.

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Week 39

“Create joy in your life starting now! Take an art class, photography class, or volunteer at a local charity in your area. Go to the mountains, hiking, the beaches, fishing. Create joy. It is our responsibility, no one else’s. It’s time to really live!” David Essel, from his book, *Helping Americans Heal*.

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Week 40

“Compassion is so needed right now. Look to be more compassion for the homeless, the marginalized in society and the struggling. Lift their spirits. A simple smile. A wave of the hand. Having compassion is an art that many of us have lost, and I challenge you to expand your compassion every day. Watch your life change.” David Essel, from his book, *Helping Americans Heal*.

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Week 41

“When we’re working towards a goal, but we’re not attached to the end result, we now have learned how to master life. Isn’t that amazing? Go after goals, work super hard, but if they don’t come to us at the time, place or space we had imagined, let it go. This proves, that your confidence is at an all-time high!” David Essel, from his book, *Helping Americans Heal*.

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Week 42

“Persistence is king! I wrote books for over 20 years, before getting any recognition, or even hitting a best seller status. But we never stopped! We never gave up! It’s because of persistence. You have the same strength, go for it today!” David Essel, from his book, *Helping Americans Heal*.

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Week 43

“The cravings will begin today for millions of people. Sugar. Alcohol. Opiates. Nicotine. Video games. Spending. Sex. But where do these cravings originate from? Every type of addiction in the world has one purpose: to numb emotions. Like anger, boredom, even insecurity. Addictions are caused by our inability to deal with emotions in life.” David Essel, from his book, *Helping Americans Heal*.

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Week 44

“And what does true intimacy really mean? It means that we’re 110% honest with our partner. How many people can say that about their relationship today? Deep intimacy, 110% honesty, equals trust. With trust, you have it all!”
David Essel, from his book, *Helping Americans Heal*.

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Week 45

“Excuses are the number one reason why people stop going after important goals. ‘I’m too tired. I’m too young. I’m too old. I don’t have money. It’s my genetics. I don’t have time.’ Today, is the day, to shatter excuses. Get an accountability partner to hold your feet to the fire. Go.” David Essel, from his book, *Helping Americans Heal*.

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Week 46

“Positive affirmations release a cascade of chemicals in the brain that makes us feel awesome! But they are very short-lived. Follow those affirmations with daily action and watch your world change.” David Essel, number one bestselling author of *Focus! Slay Your Goals*.

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Week 47

“Codependency in relationships can be seen by the person who is passive aggressive, or the enabler, or the victim, or the overly dominant. It is by far, the largest addiction in the world.” David Essel, from his book, *Love And Relationship Secrets . . . That Everyone Needs To Know!*

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Week 48

“Heaven can be experienced right here, right now. Gaze deeply into a beautiful wildflower, or the eyes of a puppy, or the brilliance of a sunrise or sunset. Heaven is all around us, all we need to do is look.” From David’s book, *How To Experience Heaven On Earth: A Life-Changing Story For Today. Tomorrow. Forever.*

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Week 49

“When someone you know loses a loved one, sit with them. Don’t give advice. Tell them that you would just love to sit and listen. Or just sit and hold their hands. Healing has already begun.” from David’s book, *Positive Thinking Will Never Change Your Life . . . But This Book Will!*

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Week 50

“Love never leaves, it simply changes form.’ This is so true. The form may come in a new person, or a pet, or a new act of service by you. Love is always around.” David Essel, from his book, *Angel On A Surfboard: A Mystical Romance Novel That Explores The Keys To Deep Love*

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Week 51

“Faith is believing in the yet unseen. Believing that the goal that we set, is achievable. Believing that the forgiveness we give someone else, will also change our lives. Have faith in everything you do.” David Essel, from his book, *Rock Star: Finding God's Purpose For Your Life*.

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Weekend

I am most grateful this week for:

What are my solutions for the challenges this week?:

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Week 52

“For many people, getting on an eating program which would include protein, vegetable source and a complex carbohydrate every three hours, keeps our blood sugar levels normalized . So we don’t see those huge drops in energy throughout the day.” From David’s book, *Slow Down: The Fastest Way To Get Everything You Want*.

Monday

I am most grateful today for:

Here are my challenges for today:

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Tuesday

I am most grateful today for:

Here are my challenges for today:

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Wednesday

I am most grateful today for:

Here are my challenges for today:

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Thursday

I am most grateful today for:

Here are my challenges for today:

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Friday

I am most grateful today for:

Here are my challenges for today:

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Weekend

I am most grateful this week for:

What are my solutions for the challenges this week?:

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Final Thoughts: 52 Weeks to a New You!

NOW THAT YOU HAVE EXPERIENCED the most powerful journaling method I have ever come across, how has your life changed?

Over the past 52 weeks, you've had a chance to boost your self-confidence and self-esteem by writing down on a daily basis what you're grateful for, things that you're doing well within life.

Also during the same period of time, you've been able to write down your challenges, frustrations, maybe even resentments . . . And by following the program in this book you've been able to shatter those blocks, those challenges and the self sabotaging habits that we all carry with us, and your load should feel so much lighter and brighter!

The whole purpose of journaling is to get closer in touch with the brilliance that you are, and at the same time, not avoid the challenges that could be holding you back from living the life you've always wanted.

Now is the time to continue this practice. Now is the time to keep moving forward, to celebrate you with the great things that you continue to write about every day which will boost your self-confidence and self-esteem.

Now is also the time to continue this practice, making sure that you're not carrying challenges from week to week, month to month or even year to year, as I have done in the past!

I am so excited for any breakthroughs that you've experienced , and I'm also really excited about the fact that now you can take this method and share it with others.

If you ever need me for any reason whatsoever, simply reach out at www.davidessel.com.

Have a brilliant, prosperous, and happy day.

Love,

David

Endorsements



SHOTCALLERS

Next Level Marketing for Business Leaders

13 Proven Writing Tips for Blogging Success

How to Add Landing Page Videos to Increase Conversion

How to Unleash Your Online Business's Full Potential

Can You Have It All?

3 Reasons Blogging Is Essential for Web Traffic

MotivationandSuccess.com
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Developing Your Motivational Voice and Challenging the Law of Attraction with David Essel



“David is the guy the other coaches go to for . . . their own coaching.”
—Rob Hannley, Editor in Chief, *Recovery Today Magazine*



David Essel, M. S., O. M.

COACHFOUNDATION.COM

David is honored as one of the top Life Coaches and Counselors in the USA by CoachFoundation.com



David is verified as one of the top relationship counselors and experts in the world by Marriage.com

Psychology Today

David is verified as one of the top Life Coaches and Counselors in the USA with *Psychology Today*



David Essel was selected as one of 28 personal development experts, authors and blogs to follow in 2019!!!



#1 Best-Seller

Focus! Slay Your Goals... The Proven Guide to Huge Success, A Powerful Attitude and Profound Love,
was selected as one of the top 100 goal setting books of all time by bookauthority.org.

About David Essel, M.S.

David Essel's destiny is to help you become more alive in every area of your life. —Dr. Wayne W. Dyer

David Essel, M. S. O.M., is a number one best-selling author (12), counselor, master life coach, international speaker, radio/tv host and minister whose mission is to positively affect two million people or more every day, in every area of life, regardless of their current circumstances.

David Essel is the new leader of the positive thinking movement.

—Celebrity Jenny McCarthy

His latest program, which is in combination with this book, *Helping Americans Heal*, delivers inspiring tools every week to help everyone learn how to deal with the challenges we are all facing.

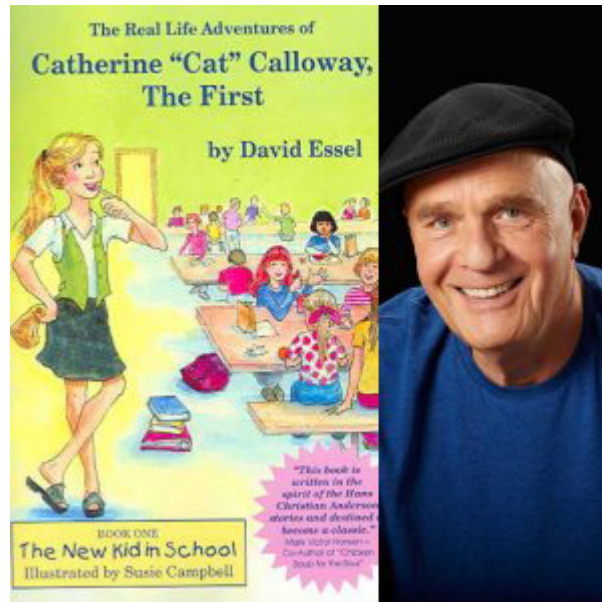
His latest #1 Best-Seller, *Love and Relationships Secrets . . . That Everyone Needs to Know!* explores the concept of codependency in all of our lives. Another book, #1 Best-Seller, *Focus! Slay Your Goals . . . The Proven Guide to huge Success, A Powerful Attitude and Profound Love*, was recently selected as one of the top 100 goal setting books of all time by bookauthority.org.

David's work of 42 years is also highly endorsed by the late Wayne Dyer, *Chicken Soup for the Soul* coauthor Mark Victor Hansen, as well as many other celebrities and radio and television networks from around the world. He is verified through *Psychology Today*, *Theravive* and *Therapy Tribe* as one of the top Counselors and Life Coaches in the USA and is verified through Marriage.com as one of the top relationship counselors and coaches in the world. David accepts new clients every week into his 1 on 1 programs from around the world at www.davidessel.com



Selected as one of the top 100 goal setting books of all time by bookauthority.org

David Essel is the New Leader of the "Positive Thinking Movement!"
—Jenny McCarthy, Radio/TV host, actress, author.



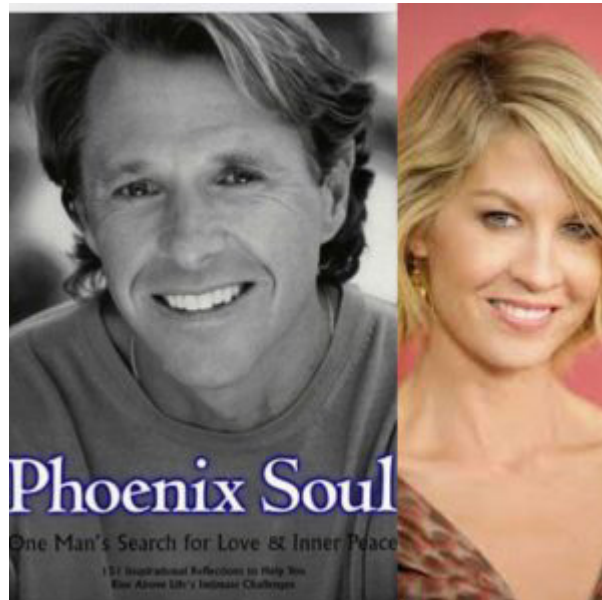
Inspiring. High energy messages for our precious children.

—Wayne Dyer, best-selling author talking about David's book,
The Real Life Adventures of Catherine "Cat" Calloway, The First



If you are seeking answers about love, Angel on a Surfboard, brings you to them in this beautifully crafted and imaginative narrative.

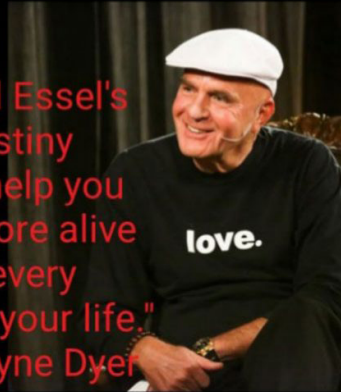
—Marala Scott, Oprah's Ambassador of Hope
talking about David's book, *Angel on a Surfboard*



I love it! You are very talented and bright and insightful.

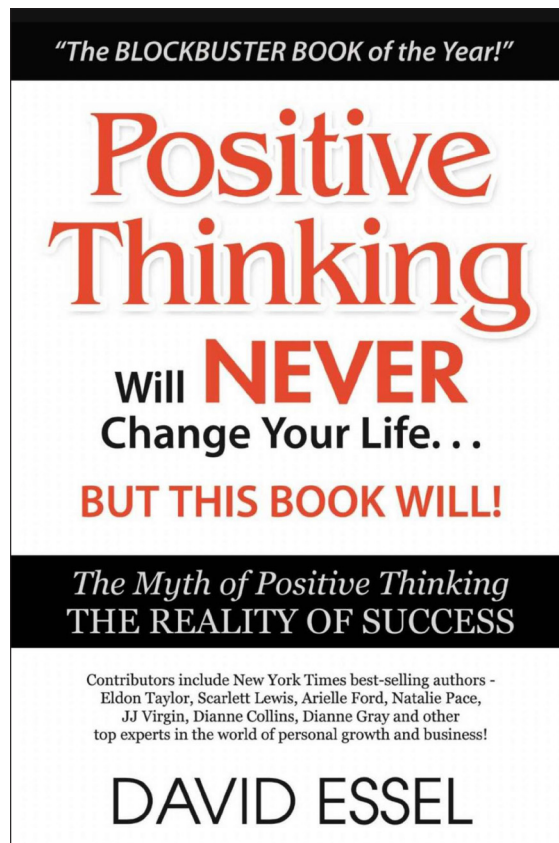
—Jenna Elfman, television star and actress tells us what she thinks after reading *Phoenix Soul* by David!

"David Essel's
destiny
is to help you
feel more alive
in every
area of your life."
Dr. Wayne Dyer



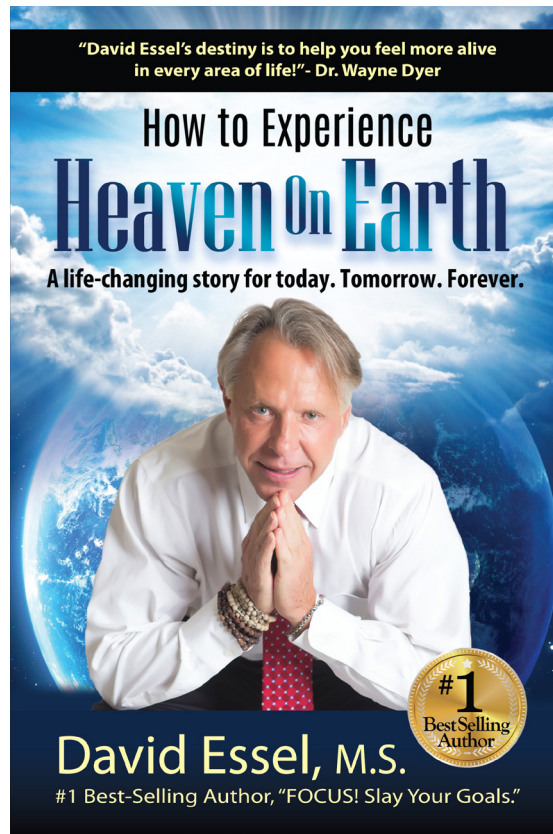
WWW.DAVIDESSEL.COM
SIGN UP FOR OUR FREE DAILY BOOST VIDEOS.

David's books and CDs are available at
www.amazon.com
or for more info visit
www.davidessel.com



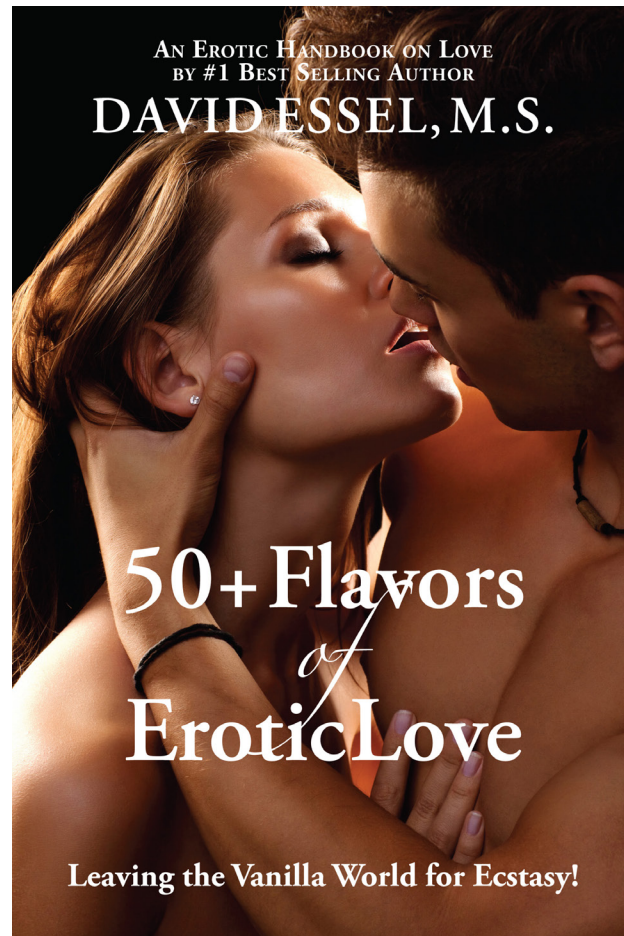
This is David's First #1 Bestseller! This book is the bible of personal growth. Positive thinking is critical for success, but the real keys to goal achievement lie in transforming the subconscious mind into an ally versus a saboteur. Eleven other best selling authors join David in this book, adding value, and credibility for your benefit. This is your book for radical success.

Available at Amazon.com in print and eBook.



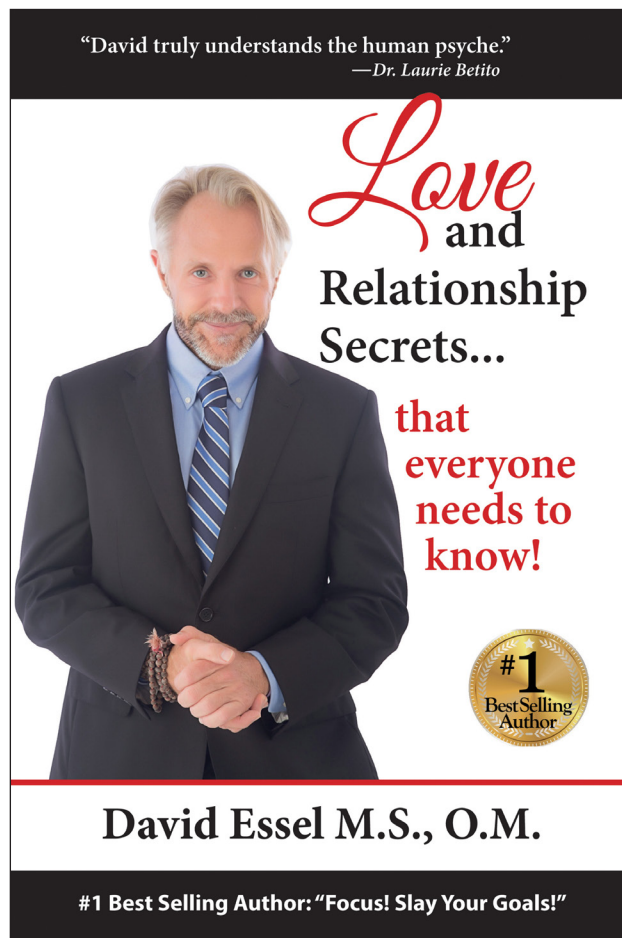
Through this transformational book, David Essel was given the message that is about to change the way millions of people think, believe and act, as he proves that the heaven we seek, the one we believe we have to wait for, is right here and NOW! And the best news? Heaven is available today to anyone who truly wants it.

Available at Amazon.com in print and eBook.



Discover the world of erotic love within a unique sexual and heart connection, offering an intoxicating euphoric relationship! Learn how to create a relationship with fierce passion and sensual energy that ignites your souls and bodies daily!

Available at Amazon.com in print and eBook.



This book is about relationships, and the work we've done for 30 years, which has helped to radically change the lives of millions of people from around the world. It is designed to cut to the core, to go deeper than surface thinking, in order to radically change our beliefs, behaviors and actions in regards to love, friendships, family relationships and self-love.

Available at Amazon.com in print and eBook.

Follow the program in this book and in just 52 weeks, you'll be a radically changed person!

“David Essel is the godfather of life coaching.”

—Gordie Bufton, Number one best selling author and international Entrepreneur

“David is the guy the other coaches go to for . . . their own coaching.”

—Rob Hannley, Editor in Chief, *Recovery Today Magazine*

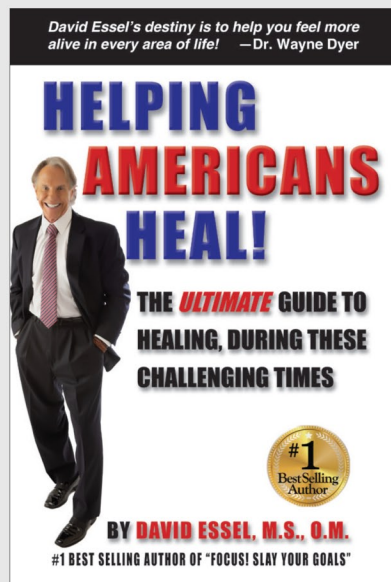
“This 4 x 4 ultimate gratitude journaling technique, is by far the most powerful and proactive way to journal, that I’ve ever seen in my 43 years of being involved in the world of personal growth!” —David Essel

With so many people struggling during the pandemic, this journal will help you deal with anxiety, depression, PTSD, relationship challenges, career and financial issues, allowing you to move through these challenging times with integrity and strength.

The **4 x 4 journaling** technique gives you: **Phase 1**. An opportunity on a daily basis to write about what you are grateful for, happy about, and even hopeful for in life. (Phase 1 is all about boosting your self-confidence and self-esteem!) **Phase 2**. Gives you an opportunity on a daily basis to write about the challenges you are facing, the obstacles, so you can stop a pattern before it continues to repeat itself. (Phase 2 keeps you aware of any negative thoughts or habits that may be occurring on a daily basis)

Gratitude, for the smallest and the biggest things that happen on a daily basis, creates momentum, optimism, and high levels of self-confidence and self-esteem.

A grateful mind, will release a cascade of chemicals, that will inspire us to continue moving forward in life at the highest level possible!



This **unique journaling technique**, allows us to be involved in the *Yin and Yang of Life*, relishing our gratefulness while being grounded enough to release negative patterns before they become a part of our existence.

David Essel, M.S., O.M., is a #1 Best Selling Author of 12 books, counselor, minister, master life coach, radio and television host and speaker. Join his new program, *Helping Americans Heal™*, or work with him one on one at www.DavidEssel.com

