



## **MINDFUL GRATITUDE: PRACTICING THE ART OF APPRECIATION**

By Christel B. Wendelberger

MINDFUL GRATITUDE: PRACTICING THE ART OF APPRECIATION is **NOT** another how-to self-help book. It is **NOT** a set of recipes or prescribed steps to a richer, happier, more prosperous life. Through a unique combination of engaging personal stories and provocative *Reflection Points*, author Christel B. Wendelberger, invites readers to travel a little more deeply into the beauty and texture that exists in their lives, no matter the circumstances, promising that something more meaningful will surely be discovered through a practice of Mindful Gratitude.

The author mines the territory of her own life and experiences as a mother, daughter, wife, sister, friend, and working woman to explore and celebrate common human experiences like birth, death, losing, finding, celebrating, and saying goodbye. Some of the essays take a surprisingly personal look at poverty and class privilege, the risks of being an artist or entrepreneur, and the interconnected nature of our modern life and economies. Through these unique explorations, she shares her own practice of Mindful Gratitude, shining a compassionate light on the deep meaning that exists in our daily interactions with one another and the huge contributions of humanity to our personal knowledge, progress, convenience, and well-being.

According to the author, the practice of cultivating mindful gratitude is "...the reminder to listen more carefully to ourselves and each other, to look more closely at the details that surround us, to notice more curiously, share more openly, and appreciate entirely." And while the stories engage and captivate, the true purpose of the book is to help readers develop their own practice of Mindful Gratitude. Each essay is followed by a series of *Reflection Points* designed to help readers dig in and find their own stories.

Along with the book, Forward Communications is releasing a line of beautiful journals and notecards featuring the work of internationally renowned artist, Timothy Meyerring. Mindful Gratitude Journals provide a place where readers can record the thoughts prompted by the book's *Reflection Points*. Mindful Gratitude Notecards are spacious blank cards that readers can use to send notes of gratitude to family members, friends, colleagues, or the countless other people – baristas, sanitation workers, mail carriers – whom the book implores us to remember and appreciate.

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**CHRISTEL WENDELBERGER** is a writer and communications consultant living in Milwaukee, Wisconsin. In addition to her work as an author, she specializes in strategic communications, fund development, and writing services for non-profit organizations.

### **FOR IMMEDIATE RELEASE**

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## ABOUT THE AUTHOR

Christel B. Wendelberger is a writer and communications consultant living in Milwaukee, Wisconsin. She is the founder of Forward Communications, a firm specializing in strategic communications, executive coaching, fund development, and writing services for non-profit organizations.

As a strategic thought and communications specialist, Christel has a guiding faith in the essential goodness and infinite potential of every individual to play a transformational role in his or her own inner life, family, community and the world. Her work reflects a deep belief that within every individual and organization there exists a treasure trove of ideas that when deeply-explored and clearly articulated represent the seeds of human progress.

Christel also leads dynamic interactive seminars on grant writing, philanthropy, and mindfulness. *Mindful Gratitude: Practicing the Art of Appreciation* is now a unique workshop and retreat designed for workplaces, community centers, and other groups.

Christel is married to her best friend and is the mother of three miraculous children whose sheer existence is a source of endless gratitude.

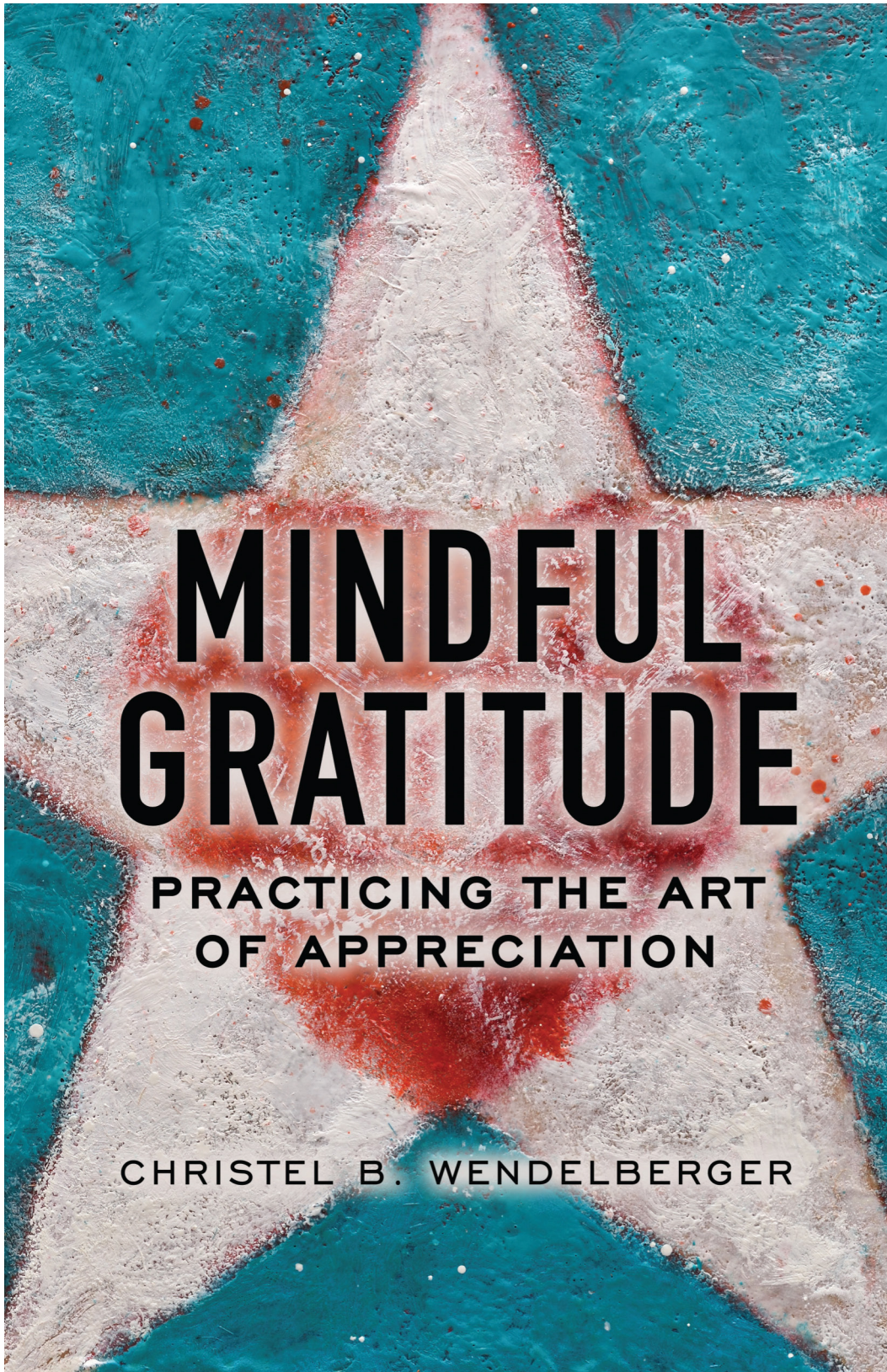
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MINDFUL  
GRATITUDE



**MINDFUL GRATITUDE - FRONT COVER**





# MINDFUL GRATITUDE - BACK COVER

## MINDFUL GRATITUDE: PRACTICING THE ART OF APPRECIATION

This sparkling collection of personal essays will capture your heart, engage your imagination, and help you find the extraordinary in your life, no matter your current circumstances. Here you'll discover magic in the mundane, celebration in loss, and a deep appreciation for all that is. But viewing life through a lens of gratitude takes practice, especially in our sometimes messy, busy, burdened and imperfect lives. Each of these stories is followed by reflective journaling questions designed to help you:

- Find **YOUR** story.
- Explore its **MEANING**.
- Celebrate the beauty that exists in your life **RIGHT NOW**.

Gratitude is one of the simplest and most profound gateways to greater peace, joy, wellness, and better relationships. Start practicing today!

## WHAT READERS ARE SAYING:

*"These are exquisite writings. Precious gifts. The world will be better, people who read these words will be better because of the form you have given them."*

- Colleen Fitzgerald, Business Executive and Founder of PEARLS for Teen Girls

*"I want to share these stories with my friends and family NOW! You have a gift Christel--for getting to the thing of the matter in a most eloquent way. Thank you for sharing these beautiful stories."*

- Heidi Wick, City Attorney

*"This work is amazing-- moving & tender."*

- Lisa Grosz, Elementary School Teacher



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## **CHRISTEL B. WENDELBERGER - HEADSHOT**

