



# 7 Daily Rituals For Gratitude

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- This practical guide is a starting point for a path to wellbeing and spiritual growth
- Readers will find seven simple rituals taken from the traditions of Buddhism, yoga, oriental and western philosophy and scientific research

A practical guide to enjoying every day to its fullest and to making every gesture more self-aware. **Gratitude** is the first book in a series called *Daily Rituals*, with the intention to change the readers habits for the better and improve the quality of their lives. A book that is a starting point for a path to wellbeing and spiritual growth. The book is divided into the 7 thematic periods of a typical day, which begins with waking up and finishes with falling asleep. For each area, readers will find seven simple rituals taken from the traditions of Buddhism, yoga, oriental and western philosophy and scientific research.

For 12 years, **Federica Avanzi** was a creative and marketing director for publishers and broadcasters. She is currently dedicated to broadening her studies regarding the psychology of yoga, in addition to her activity as business partner in the area of sustainable economics and digital innovation. For more than 20 years, **Simone Masserini** has created projects and coached people in the fields of sports and entertainment and in the corporate world. He is a mental coach, a university professor. Since 2002, he has been studying Tibetan Buddhist philosophy at the Karmapa International Buddhist Institute in Delhi.

