



The Gratitude Project: A Year Of Saying Thank You To The People Who Changed My Life

Elinor Trier

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Eli Trier's debut book is an immortalisation of her hugely successful blog *You Changed My Life: A Year of Saying Thank You*. This gorgeous picture book makes the case that all it takes to radically transform your life is a change of mindset, and Eli herself is living proof of that premise. Interwoven between all of the original artwork and blog posts from the project are snapshots of Eli's story. From the serious and debilitating depression which prompted her to begin the Gratitude Project, to the triumphant finale, this is a story which will inspire and uplift you. Inspiration, encouragement, guidance, love and support. They are all around you, if you decide to look. Nowhere is this more obvious than in Eli's tale of the legends with whom she walked, shoulder-to-shoulder, out of depression and into a better life. With a foreword by Barbara J. Winter, author of *Making A Living Without A Job*, and founder of *Joyfully Jobless*.

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