

50 Days of Grace & Gratitude A Transformational of a New Book by Alania Sands is Available on Leading Online Bookstores

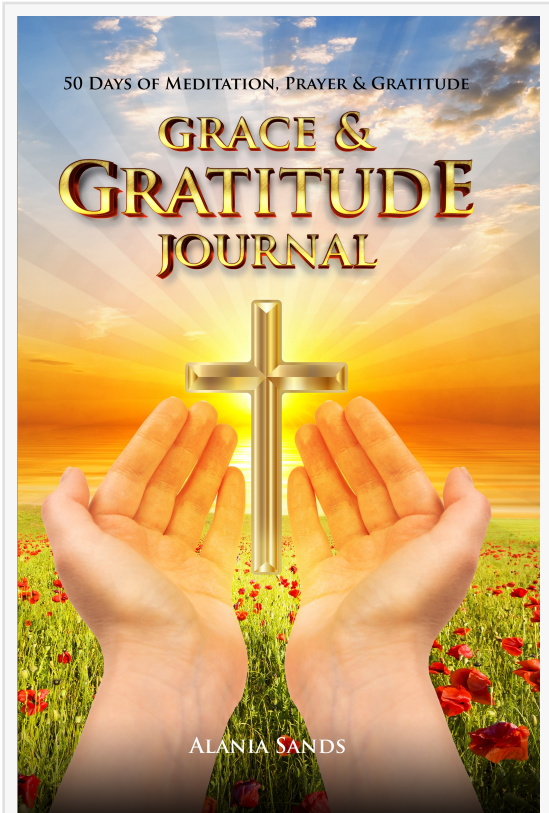
FORT LAUDERDALE, FLORIDA, UNITED STATES, August 4, 2023 /EINPresswire.com/ -- In a world where negativity can sometimes overpower our daily lives, renowned Minister and Life Coach, Alania Sands, presents a beacon of hope with her latest book, "50 Days of Grace & Gratitude, 50 Meditations, and Reflections of Faith." This remarkable journal offers readers a unique journey toward positivity, self-discovery, and spiritual growth.

Having helped countless clients overcome obstacles and lead healthier lifestyles, Alania Sands brings her extensive experience in education, mentoring, and self-development to the pages of this inspiring journal. Her mission is clear: to empower individuals to embrace optimal living, nurture their minds, body, and soul, and build a purpose-driven life they truly deserve.

"50 Days of Grace & Gratitude" is more than just a book; it's a transformative 50-day journal designed to break free from negative habits and embrace a life of positivity and clarity. Drawing from the fascinating insight that it takes 50 days for a new habit to become transformative, Sands offers readers a daily dose of grace-filled meditations and gratitude reflections.

Each day begins with a powerful bible verse that acts as a guiding light for meditation. Following this, readers are invited to recite a prayer, either out loud or silently, that deepens their connection with the divine. A reinforcing quote is provided to strengthen the message of the bible verse, and a gratitude list helps cultivate an appreciation for life's blessings.

At the heart of the book lies the power of God's word. The daily scriptures, meticulously curated by Alania Sands, have life-giving properties that can shatter old thought patterns, conquer



Grace & Gratitude Journal by Alania Sands

insecurities, and break the chains of mental bondage. Through consistent meditation on these profound verses, readers can experience a profound transformation, renewing their minds and initiating a new life journey with Christ.

As Sands eloquently puts it, "The word will be a lamp unto your feet and a light unto our path, illuminates our mind." Indeed, the journal provides a roadmap to a deeper and more intimate relationship with God, allowing individuals to tap into a higher level of thinking and embrace a blessed eternal life.

Alania Sands' eloquent words and thoughtful guidance lead readers on a path of self-discovery, divine connection, and spiritual growth. This book has the potential to revolutionize lives, inspiring individuals to step into a brighter, more purposeful future.

The book offers an opportunity to embrace God's life-giving word and unbind one's true self's potential.

About Alania Sands

Alania Sands is a certified Self-Development Coach, Minister, and Life Coach renowned for her compassionate guidance and empowering mentorship. With her mission to inspire positive change, Alania has touched the lives of many, helping them lead purpose-driven, fulfilled lives.

https://www.amazon.com/Grace-Gratitude-Journal-Meditation-Prayer/dp/1960116681/ref=tmm_pap_swatch_0?encoding=UTF8&qid=1688164905&sr=1-1

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