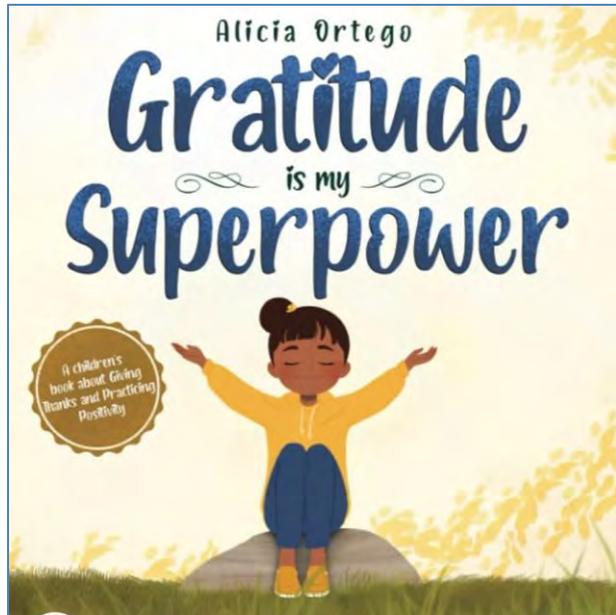


FFWPU UK October Book Review: Gratitude Is My Superpower

Michael Balcomb
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For this month's book review, continuing our series, Ala Z. has brought to us a lovely book on the topic of Gratitude.

'Gratitude is my Superpower' by Alicia Ortego is about a little girl Betsy, who will learn that happiness is made up of simple things in life, both small and big. With the help of the magic stone, she will begin to feel gratitude for her parents, friends, and toys. But what happens when little Betsy forgets to use the magic of her stone? She will realize that the power of gratitude is hidden in her heart.

This story is very good any time your kids are feeling down or forget their manners. Just remind them to appreciate all the good things they already have. I personally like this cheerful book as it reminds me about True Mother's attitude to grow in gratitude every single day and to focus on blessings we have. It also uplifts positivity and helps us realize that we have everything we need to feel true happiness.

Age range: 4+

Available on Amazon: [Gratitude is My Superpower \(My Superpower Books\) : Alicia Ortego](#)

Alicia Ortego wrote many other splendid, award winning books about virtues as superpowers. Please visit her website where she [shares lots of printable freebies here.](#)

The harvest season is the best time of the year to learn this vital virtue, let's celebrate it with thankfulness for everything our mother nature is giving us around the year. Why not join our Family Harvest Festival on the 21st October in Livingstone House from 12-14.30pm. [More information here.](#)



Family Federation for World Peace

HARVEST FESTIVAL

A fun event for families with children.

Music

Dance

Face Paint

Food

Arts &
Crafts

Games

Dress Up