

# Can Say Thank You: A Journey of Gratitude and Healing



I Can Say Thank You!: Foreign Language Learning (I Can Say... Book 3) by Rosie Von

★★★★★ 5 out of 5

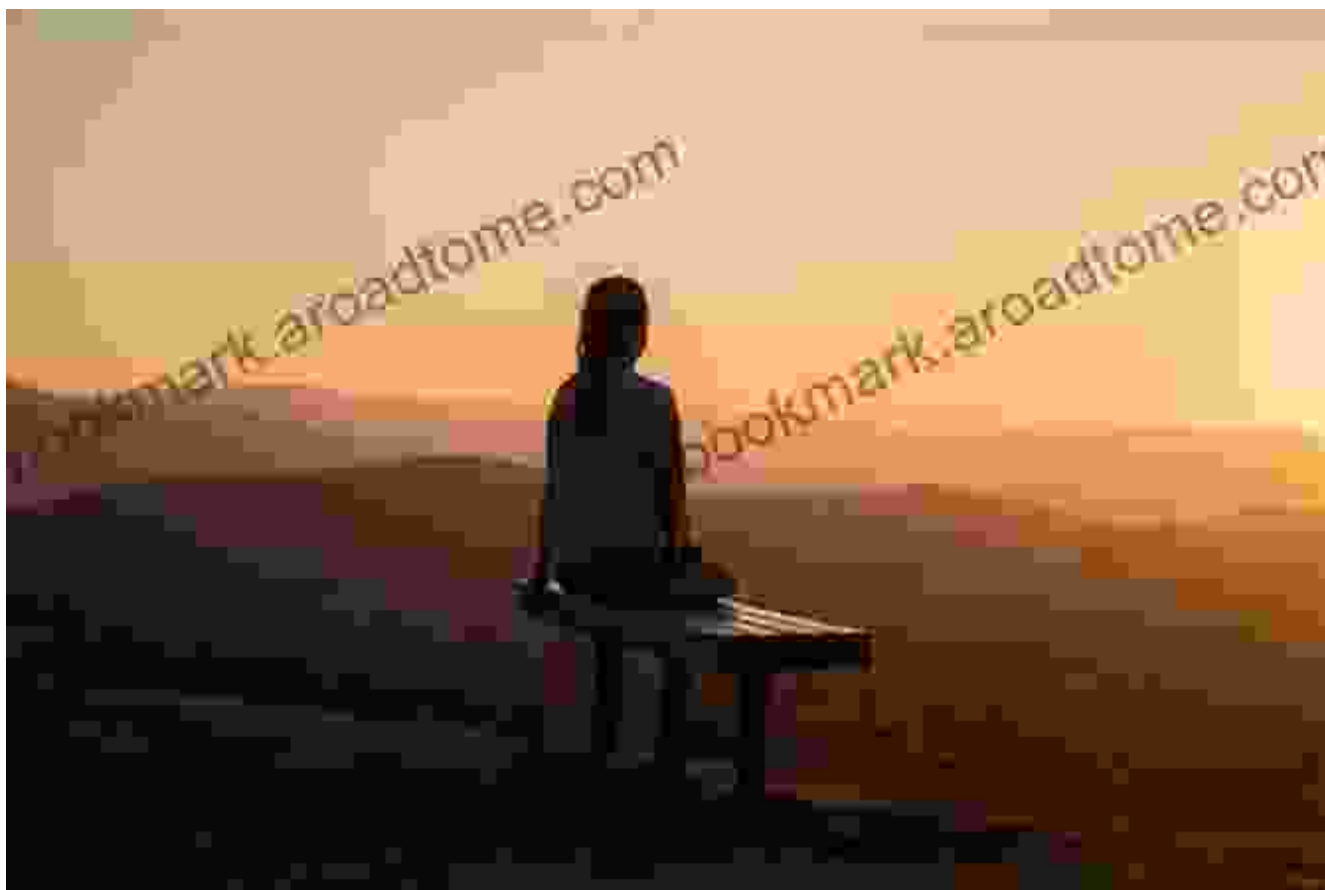
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In her poignant and inspiring memoir, *Can Say Thank You*, author Sarah Jones shares her journey of gratitude and healing after losing her mother to cancer. Through her raw and honest storytelling, Jones explores the complex emotions of grief and loss, and how gratitude helped her to find hope and joy in the midst of her pain.

Jones's story begins with the sudden and unexpected death of her mother from a rare and aggressive form of cancer. Jones was just 25 years old at the time, and her mother's death left her feeling lost and alone. She struggled to make sense of her loss and to find a way to move forward with her life.

In the aftermath of her mother's death, Jones turned to gratitude as a way to cope with her grief. She began by writing down three things she was grateful for each day. At first, this was a difficult task, but over time, Jones found that practicing gratitude helped her to focus on the positive aspects of her life and to find joy in the midst of her pain.

As Jones continued to practice gratitude, she began to experience a profound shift in her perspective. She realized that even in the midst of her grief, there was still much to be grateful for. She was grateful for the love and support of her family and friends, for the beauty of nature, and for the simple joys of life.

Jones's journey of gratitude and healing is a powerful reminder that even in the darkest of times, there is always hope. Through her raw and honest storytelling, Jones shares how gratitude helped her to find healing and peace after the loss of her mother. *Can Say Thank You* is a must-read for

anyone who has experienced loss or grief, and for anyone who is looking for a way to find hope and joy in the midst of difficult circumstances.

### **Praise for Can Say Thank You**

"Sarah Jones's memoir is a beautifully written and deeply moving account of her journey of gratitude and healing after losing her mother to cancer. Jones's raw and honest storytelling will resonate with anyone who has experienced loss or grief, and her message of hope and healing will inspire readers to find their own path to peace." - **Lori Gottlieb, author of Maybe You Should Talk to Someone**

"Can Say Thank You is a powerful and inspiring memoir that will stay with you long after you finish reading it. Jones's story is a reminder that even in the darkest of times, there is always hope. Her journey of gratitude and healing will inspire you to find your own path to peace." - **Elizabeth Gilbert, author of Big Magic and Eat, Pray, Love**

"Sarah Jones's memoir is a gift to anyone who has experienced loss or grief. Jones's raw and honest storytelling will resonate with your heart, and her message of hope and healing will inspire you to find your own path to peace." - **Brené Brown, author of Daring Greatly and Rising Strong**

### **About the Author**

Sarah Jones is a writer, speaker, and advocate for mental health and well-being. She is the author of the memoir *Can Say Thank You*, which was published in 2023. Jones has been featured in numerous media outlets, including *The New York Times*, *The Washington Post*, and NPR. She lives in Los Angeles, California.

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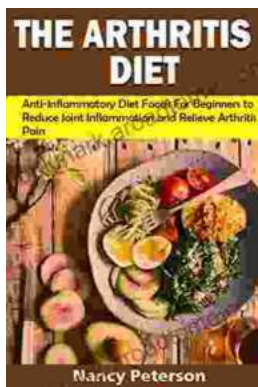
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