



## Tulsa Attorney Sarah Miller for the Tulsa World: Find ways to reconnect with gratitude

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[https://tulsaworld.com/opinion/columnists/column-find-ways-to-reconnect-with-gratitude/article\\_580f8a2a-67a6-11ed-b1e8-f74348c754bd.html](https://tulsaworld.com/opinion/columnists/column-find-ways-to-reconnect-with-gratitude/article_580f8a2a-67a6-11ed-b1e8-f74348c754bd.html)

In anticipation of Thanksgiving, it seems timely to reflect on gratitude. What does it mean to experience gratitude? How can I nurture an attitude of gratitude every day?

The Oxford English Dictionary defines gratitude as “the quality of being thankful; readiness to show appreciation for and to return kindness; a warm feeling of goodwill towards a benefactor.”

### Attorneys

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- Sarah C. Miller