



John Navidad

The
Book of
GRATITUDE

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A flower to say thank you and to be shared



It is an impressive flower that blooms at the beginning of each Spring

Why have I chosen this attractive flower and not another for the cover of this *Book of Gratitude*?

For many reasons. It even has a beautiful name: it is called Iris, (*Iris Germanica*) and it is an outdoor plant with very large flowers that appear at the beginning of spring and that can be of different colors (purple, yellow, variegated, white, red ...). It is very resistant to cold and heat, even to lack of water and it reproduces so generously that I recommend that if you have it you give this plant to other people who can in turn give it to other people who love plants. You can also exchange the different versions of this plant with flowers of different colors. If one day it dies, you have many people who have given this plant that will surely return it to you without problems..

This flower is an impressive metaphor for life. If we give ourselves to others, if we are generous people, in the end life will know how to reward you and give us the best.

The importance of GRATITUDE with capital letters

20K is a great number to express affection to many people around the world.

| | | |
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|  |  |  |
| Cover of the novel in Spanish. | Disney film in English. | The novel in English. |

Twenty thousand is a number that expresses abundance. Perhaps that is why Jules Verne chose that number of leagues to express the great route made with the submarine.

That number of people following my account on Tik Tok is like a small town of kind people from all over the world from different cultures. I feel very happy to tell the friendship and affection of so many people who show their talent and creativity in this network called Tik Tok.

Three songs about GRATITUDE

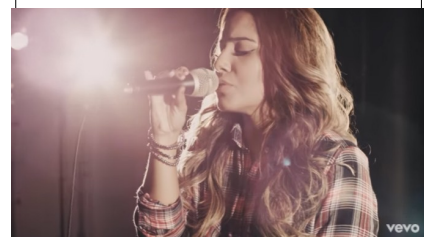
In Spanish, Portuguese and English. Click on the link to listen to them.



Gracias a la vida - Mercedes Sosa
<https://www.youtube.com/watch?v=1dRqTKZQGT0>



Thank You - Led Zeppelin
<https://www.youtube.com/watch?v=4Va81fUbpnc>

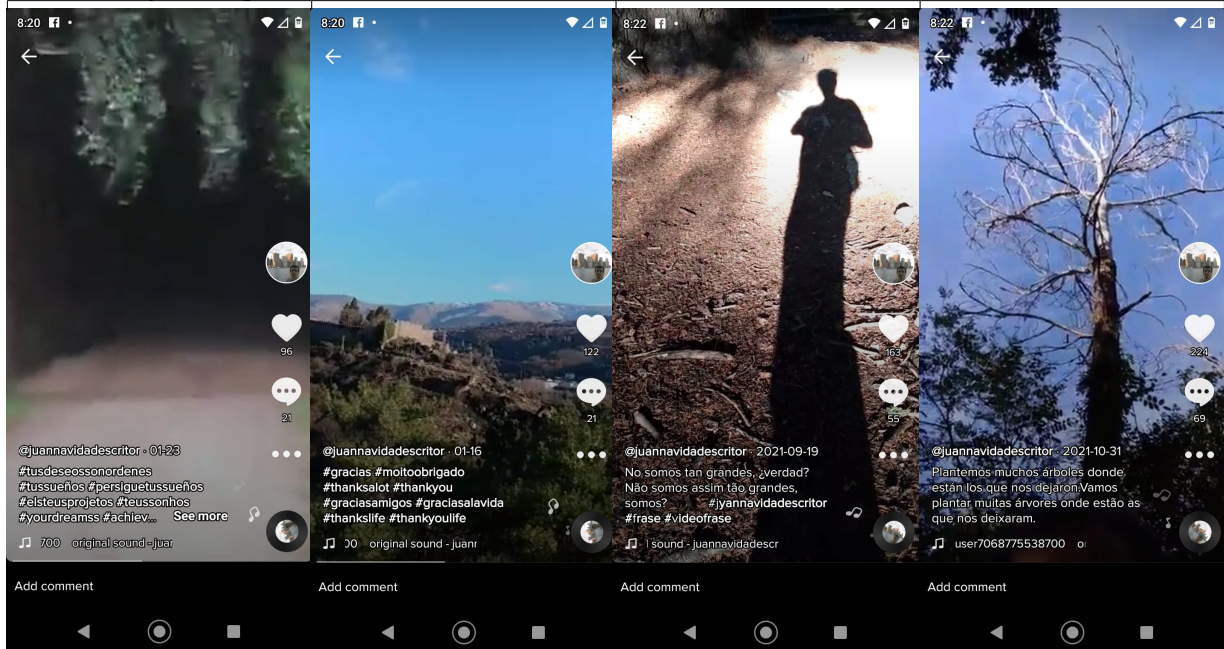


Gratidão - Gabriela Rocha
<https://www.youtube.com/watch?v=gUzSFqhoY34>

Wishes and Gratitude from my Tik Tok

I share the link to several of my Tik Tok videos that have been very liked and that are related to wishes and gratitude. I hope you like them. And I appreciate if you share them.

Some of my videophrases:



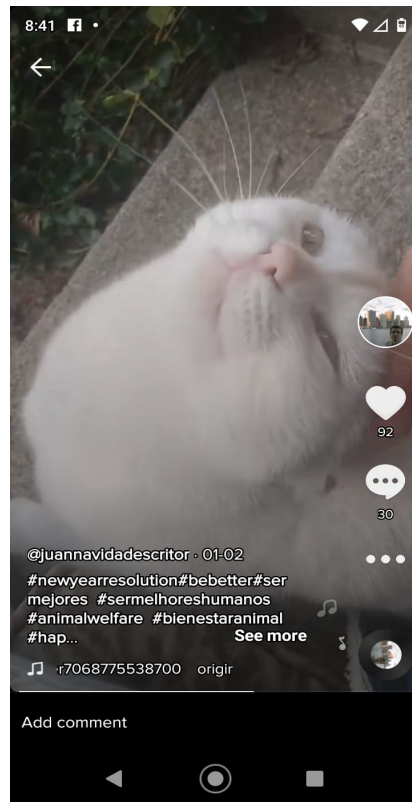
| | | | |
|--|---|---|--|
| <p>If you wish something</p> <p>https://www.tiktok.com/@juannavidadescriptor/video/7056518125482937647</p> <p>Many times we need something and hesitate to ask someone who can provide it.</p> | <p>In a place like this...</p> <p>https://www.tiktok.com/@juannavidadescriptor/video/7053910767808072965</p> <p>We are often in such fascinating places that we are left speechless. There is one we could use.</p> | <p>We are not that big.</p> <p>https://www.tiktok.com/@juannavidadescriptor/video/7009660936760020230</p> <p>We'd better keep our humility and relativize all our achievements and success.</p> | <p>Let's plant...</p> <p>https://www.tiktok.com/@juannavidadescriptor/video/7025284605502557445</p> <p>We are the guardians of the environment around us. Let's try every day to reciprocate so much beauty.</p> |
|--|---|---|--|

Utilizo Tik Tok para compartir mis videofrases con mi filosofía de vida. Comencé a hacerlo con versiones de mis frases en español y portugués, pero después incluí también la versión de la frase en inglés. Estas videofrases son la consecuencia lógica de un proceso que comenzó hace muchos años cuando comencé a escribir, reunir y publicar libros de frases o pensamientos (en español y en inglés) y después comencé a unir fotografías con mis frases y publiqué libros de fotofrases. Ahora, en Tik Tok subo una videofrase cada domingo. AGRADEZCO muchísimo cuando mis seguidores de todo el mundo las comparten.

---My Tik Tok Profile:

<https://www.tiktok.com/@juannavidadescriptor>

Listening + empathy + commitment + positive reinforcement = GRATITUDE



Sorround yourself always with friends that...

<https://www.tiktok.com/@juannavidadescriptor/video/7048690849227623685>

Sorround yourself with people who know how to listen, people who will have the maturity to know how to remain silent when you only seek and need to feel complicity.

Learn to empathize with all the people who may need you. Don't make distinctions. Only if all people believe in Human Rights and that all people have the right to them without distinction and without privileges or exclusions.

Keep in mind that people do not need your charity but simply common sense, that sometimes it will be solidarity, other times Justice, while on many occasions it will be that we simply learn to live by sharing what we have and it can be useful for other people.

Positive reinforcement helps confirm to other people that they are on the right path, that we care about their wishes and struggles. If we know how to support each other, we all get further and in less time because we can feel the confidence that comes from being part of a common project.

GRATITUDE is the sum of all these elements that make our knowing how to be in this world positive and allow the people we have by our side to grow.

Thoughts loaded with wisdom

Phrases of men and women of history

Let's be grateful to the people who make us happy; they are the charming gardeners who make our souls bloom.

Marcel Proust.

Love casts out fear and gratitude subdues pride.

Louisa May Alcott.

Gratitude opens the door to the power, wisdom and creativity of the universe. You open the door through gratitude.

Deepak Chopra.

Gratitude is when the memory is kept in the heart and not in the mind.

Louise Hay.

Do not cry because it's over, smile because it happened.

Gabriel Garcia Marquez.

We must find time to stop and thank the people who make a difference in our lives.

John F. Kennedy.

From the perspective of gratitude, everything is a miracle.

Mary Davis.

Gratitude is wealth... and complaint is poverty.

Doris Day.

Gratitude is the only secret that cannot reveal itself.

Emily Dickinson.

Some of my Instagram photophrases ESP or ENG

 **johnnavidadwriter** ⋮



♡ 💬 🚩 🔖


johnnavidadwriter A new point of view allows us to see the world in ways that are much more stimulating than usual.

September 6, 2021

 **johnnavidadwriter** ⋮





♡ 💬 🚩 🔖

 Liked by **heidanaecrane** and **3 others**


johnnavidadwriter A flower can also be a sign, a message, an impulse or a breath for us to maintain hope.

November 26, 2021

 **johnnavidadwriter** ⋮



♡ 💬 🚩 🔖

 Liked by **dawnmvicknair** and **2 others**

johnnavidadwriter Many times, to see better our landscape above we have to look its reflection looking down.

>>Archive Photo: Pond Reflection in Central Park with Ducks

September 24, 2021

 **johnnavidadwriter** ⋮



♡ 💬 🚩 🔖

 Liked by **tinoro17** and **4 others**

johnnavidadwriter Creative people widen the potential everything has and we change the brightness and color of things.

>>Painting photos. Fountain of Perales, Candelaio, Salamanca, Spain.

October 11, 2021



johnnavidadwriter



Liked by **heididanaecrane** and **4 others**

johnnavidadwriter We miss the places, people and moments that have made us feel happy and with plenitude.

Photo from my archive: Flushing, Queens, New York, 2016.

December 3, 2021



johnnavidadwriter



Liked by **emersonabuchholzactor** and **1 other**

johnnavidadwriter The kindness that has the most merit is that of those who give not only what little they have, but even what they need.

October 25, 2021



johnnavidadwriter



Liked by **dawnmicknair** and **5 others**

johnnavidadwriter When cold starts and snow arrives, let's find new ways to see life and how to have fun.

Photo from my archive: Skying in Central Park, New York, 2016.

December 12, 2021



johnnavidadwriter

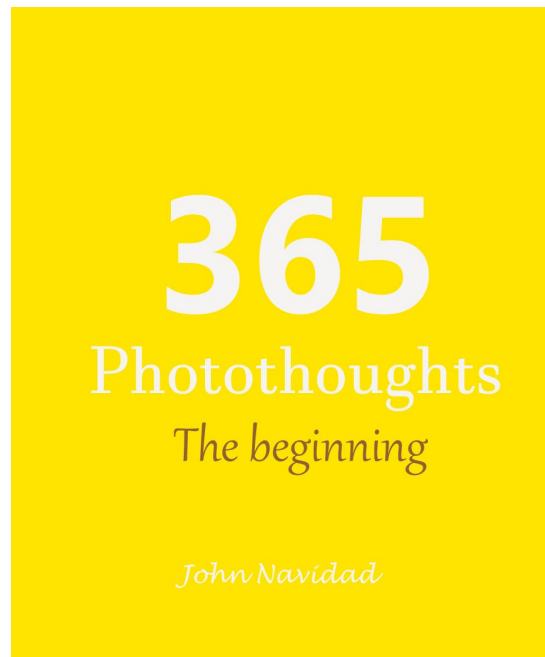


Liked by **rhonwenhayes** and **1 other**

johnnavidadwriter EVERY great tree was once a seed, a fragile beet, just a weak and threatened branch. When you start something, never forget the greatness of your potential.

September 3, 2021

Great news



On July 1st I will post **365 Photothoughts. The beginning**, which will collect all the phrases from my first year on Instagram by uploading a photophrase every day. The book will have an edition in E-book format with 190 pages in full color and in versions in Spanish, English and Portuguese. WRITE TO ME: johnnavidadNYC@gmail.com if you want to have the book at a special price of 10USD.

You can follow me in Spanish or English:

<https://www.instagram.com/juannavidadescriptor/>

<https://www.instagram.com/johnnavidadwriter>

A poem about how important it is enjoy being here today and give thanks

I don't look for mirrors
air decals

I don't want slogans
clues, camouflage
with nobody.

I want the close breath,
nothing that is not true,
that friendship betrays me,
take me and move me

I want to do so many things...
my hands work
the mud of plans,
my best ideas await
one day, a group like this
a moment or surprise
new trips,
we travelers are
always far away, escaped
absorbed, attentive to the air
but always, close to here.

From the book *Poetry for search engines*, 2022.

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+**Libro de los favores. Lecciones y aprendizajes**, JuanNavidad, 2020, libro en pdf en descarga gratuita. Descargar desde:

<https://blogdejuannavidad.files.wordpress.com/2020/04/ellibrodelosfavores.pdf>

+**Guía 2018 Escribir y Publicar.**

Gratis desde este enlace

<http://eepurl.com/dgkcgH>

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| Frases y fotofrases | Poesía | Relatos | Frases en inglés |
|---|---|--|---|
|  |  |  |  |

Escríbame a:
juannavidadNY@gmail.com **Siga mi página:** www.facebook.com/JuanNavidadEscritor

Which of these books want to have it translated into English or Portuguese?

Write to me and tell me: juannavidadNY@gmail.com

WHO IS John Navidad?



In many moments of life we think we know what is important, but we turn our backs on it. I have done it many times. Now I continue to learn from my mistakes and from life, but I try not to waste my best moments. I try to choose my companies well, focus on those people, beings or projects that are worthwhile and leave the rest aside.

We think we are going to live forever, but in less than a century we are history. Depending on how we live, it will be with a lowercase h or with a capital H, we will pass into the history of other people who have known how to value us or if we are creative people because we will have left some valuable or interesting legacy for the future.

When I was very young, eight or nine years old, I began to write. I have not stopped. It's a frantic passion for me. I love to communicate. Later I learned to love other forms of expression such as the radio or the organization of events. Because somehow I feel like a farmer, a sower of moments. When an event is successful, with good people who enrich it and the tone it has is pleasant, all the stars are conjured up and the public feels that they are lucky to be in that place. It is not another expendable event, one of those that pass without much pain or glory. If we are able to sow good moments, our life can say with total certainty that it will have been worth it.

INTRODUCTION TO THE WORDS WITHOUT LIMITS EVENT

Hello, my name is Juan Navidad, I think that many of the people who are here already know me. I would like to thank you for coming, for giving importance to what really matters. Someday, when we are history, when we are no longer there, there will be people who will talk about us. It will not matter much neither the money we have been able to earn, nor our job, our house, our car. All that is not important. When talking about you and you, when talking about me, sentences will begin with the words "do you remember that day that...". We will remember moments, instants, things that happened, what we did, what we created. That's why I ask you: create moments, share your life with the people you love with magic. There's no need to go shopping, dine out, or pay tickets. The moments can be free, but you always have to focus on making them unique and special.

John Navidad, New York, June, 17, 2015

Let's connect each other I connect back

FB:

www.facebook.com/johnnavidadwriter

YT,

www.youtube.com/juannavidad

IG,

www.instagram.com/juannavidadescriptor

Mi blog in Spanish:

<https://blogdejuannavidad.wordpress.com/>

Mi Tik Tok:

<https://www.tiktok.com/@juannavidadescriptor>

y nos vemos en Tik Tok para seguir celebrando los 30K, 50K y mucho más...

If you're an author, I can publish your books:

johnnavidadNYC@gmail.com

A final video about how important it is to follow your friends:



--I Follow a friend

<https://www.youtube.com/watch?v=yS7m25hChmw>