

Happily Ever After: The Life-Changing Power of a Grateful Heart



Whether or not you remember Trista (Rehn) Sutter from her heartbreak on the first season of The Bachelor reality show or as the original Bachelorette, youve probably seen her on the cover of magazines like People and US Weekly or on shows like Ellen and Dancing with the Stars. She has rarely been out of the public eye since falling in love with Ryan Sutter on The Bachelorette more than ten years ago. This former pediatric physical therapist and Miami Heat dancer had her fairy tale fall into place with a whirlwind courtship and dream-come-true wedding to a poetry-writing firefighter (televised on ABC to more than 26 million viewers). The happy couple now has two adorable kids and a dog. Sutter is often asked her secret to being one of the rare reality-TV relationships to make it to the altar and beyond. Through personal stories, as well as anecdotes from friends, family, and experts, she shares the simple yet profound keys to finding everyday happiness and success: Gratitude and grace.

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