

FOR IMMEDIATE RELEASE

Contact: Cassandra Nicholson
The Laidlaw Group
Phone: 617.423.2801 x203
Email: pr@wavesofgratitude.com

**WAVES OF GRATITUDE DECLARES 2010 THE YEAR OF GRATITUDE
Founders Launch 365 Days of Gratitude Blog**

01/05/2010: BOSTON, MA — Waves of Gratitude founders Cheryl Nordyke and Kim Wierman believe that the expression of gratitude has the power to change the world. With that thought in mind, they are declaring 2010 the Year of Gratitude and launching their new blog “Inspired Thoughts” (inspiredthoughts.wavesofgratitude.com) with 365 days of uninterrupted blogging about the subject they hold so dear.

"The purpose is to show our followers that we are just like them. We have everyday joys, challenges, struggles, and triumphs and through it all we strive to find the gratitude and inspiration in these experiences, that's what keeps us strong" says Cheryl. Kim adds "What you'll see is the real deal as we relate our day's experiences and reflect upon and find the inspiration and gratitude that will make us better the next day. We invite you to travel with us and look forward to your comments and insights and hope that together we can all grow from this experience. Let the journey into 2010 begin!"

Waves of Gratitude sells beautiful and meaningful Inspired Jewelry and Inspired Apparel at www.wavesofgratitude.com, and plans to introduce additional products in the near future. The company's mission is to offer products that inspire people to remember the importance of expressing gratitude.

For more information about this news release, contact Cassandra Nicholson, Communications Strategist at Laidlaw Group LLC, by phone at 617.423.2801 x. 203 or email pr@wavesofgratitude.com.