

About resentment. About gratitude.

Dear reader, the translation story of this book started years ago when I met my good friend and well-respected colleague Michael Breadmore, a chemistry professor at the University of Tasmania. I met him to discuss our collaboration, the main topic being smart solutions in instrumental analysis. Right after my arrival, he shared with me his new discovery of how gratitude can help – not only to make the work atmosphere better but also to get better scientific results. He was the person who introduced me Dr Kerry Howells as a gratitude researcher. I got interested and on my next travel to Tasmania I had the chance to meet Kerry for an hour. I asked her – without much of an introduction – if she would like to visit Estonia. She agreed right away. Kerry also gave me her freshly published book, *Untangling you. How can I be grateful when I feel so resentful?*.

I was reading the book on my long journey back and realised that I had finally found a ‘ladder’ to help me to step more fully into the heart of gratitude in its power and practicality: no need to force your emotions, no need for self-manipulation. Rather a quest or a journey, which at times is painful, but the pain, is not destructive and helps one to become a better person.

I understood why my colleague – a natural scientist with highly developed critical mind – had praised Dr. Howells’ attitude. It does not involve any hocus-pocus; it just invites you to search for bigger understanding: about yourself, about the others, and about the society around you. It gives you the freedom of choice for every step you make. It encourages you to choose how you would like to approach the practice of gratitude. Perhaps you fill your mind with little joys of everyday life. Perhaps you start discovering more and more reasons to be grateful in yourself and in your surroundings. Or... perhaps you may choose the opposite of gratitude – resentment – to start your journey towards a deeper understanding of gratitude.

When talking about resentment, I wish to stress that my own growth towards gratitude has demonstrated that whatever one’s negative emotion, it is a good guide showing you places where there is no gratitude. Therefore, in order for the book to “talk to you” you do not need to nurture any resentment in yourself – it’s enough to feel offended, or irritated about building a distance – understanding the heart of gratitude gives help.

The author of the book visited Estonia twice last year and she saw the beginning of our summer and the end of our autumn. She carried out a number of workshops (mainly in Tallinn, but also in east and west of Estonia). She was very warmly accepted everywhere she went. The idea to translate her book into Estonian originated from the workshops: from the desire to make that book accessible to as many as possible.

Dr. Kerry Howells has still connections to Estonia. She is a visiting professor at Tallinn University and last spring launched a first e-course in Tallinn University. The course was in English but an Estonian version is under preparation.