# Article information:

Amreen's Story - Change of perception
<https://blog.gratefulness.me/amreen-story-change-of-perception/>

# Article summary:

1. The author experienced a rough patch in life after losing their father in 2021, leading to feelings of depression and loneliness.

2. They discovered a Gratitude app that helped them change their perception towards life by practicing gratitude through journaling, affirmations, and completing challenges.

3. By practicing gratitude, the author attracted more positivity and blessings into their life, leading to financial independence and a more meaningful life.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article titled "Amreen's Story - Change of perception" shares a personal experience of overcoming a difficult period in life through the practice of gratitude. While the story is inspiring, it is important to critically analyze the content for potential biases and shortcomings.

One potential bias in the article is the lack of acknowledgement of professional help or therapy in dealing with depression and grief. While practicing gratitude can be beneficial for mental well-being, it is not a substitute for professional support. The article could have included information about seeking professional help alongside practicing gratitude.

The article also presents a one-sided perspective by solely focusing on the positive outcomes of practicing gratitude. It does not explore any potential challenges or limitations that individuals may face when trying to adopt this practice. It would have been more balanced to include some potential counterarguments or difficulties that people might encounter while trying to incorporate gratitude into their lives.

Additionally, there are unsupported claims made throughout the article. For example, it states that practicing gratitude led to attracting more positivity and abundant blessings in life without providing any evidence or scientific research to support this claim. Including some studies or expert opinions on the benefits of gratitude would have strengthened the credibility of these claims.

The article also contains promotional content for the Gratitude app without disclosing any potential conflicts of interest. It is unclear whether this article was sponsored by the app or if there are any financial incentives involved. Transparency regarding any affiliations or sponsorships would have been important to maintain objectivity.

Furthermore, there are missing points of consideration in the article. It does not address how long it took for Amreen to see positive changes in her life through practicing gratitude, which could vary from person to person. Additionally, it does not discuss any potential risks or drawbacks associated with solely relying on gratitude as a coping mechanism.

In terms of writing style, the article lacks depth and could benefit from providing more specific details about Amreen's journey and how exactly she incorporated gratitude into her life. This would have made the story more relatable and informative for readers.

Overall, while the article shares an inspiring personal story, it falls short in terms of providing a balanced and evidence-based analysis. It could have included more diverse perspectives, addressed potential limitations, and provided supporting evidence for its claims.

# Topics for further research:

* Potential challenges of practicing gratitude as a coping mechanism
* Scientific research on the benefits of gratitude
* Risks and drawbacks of relying solely on gratitude for mental well-being
* How long does it take to see positive changes through practicing gratitude?
* Professional help and therapy for dealing with depression and grief
* Conflicts of interest and sponsorships in articles promoting specific apps or products

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