



# The Gratitude Element: A New Look at the Serenity Prayer

*Mark T. Scannell*

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## **The Gratitude Element: A New Look at the Serenity Prayer** Mark T. Scannell

Like millions of people in Twelve Step groups around the world, Mark T. Scannell has had an intimate relationship with the Serenity Prayer. A decades-long veteran Twelve Stepper and former Roman Catholic priest, Scannell explored the origins of the prayer that has been a staple in addiction recovery since the 1940s. From his own experience and taking a closer look at the prayer's deeper history, he has come to believe that this age-old prayer has a vital missing element. In *The Gratitude Element*, Scannell invites readers to take a new look at an old prayer and see how giving thanks is a natural and essential ingredient in an appeal for serenity, courage, and wisdom.

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