

Book review

Whakawhetai: Kia ū ki te pai, kia whai hua ai Gratitude: Hold on to what is good and good things will follow

Category: Book Reviews

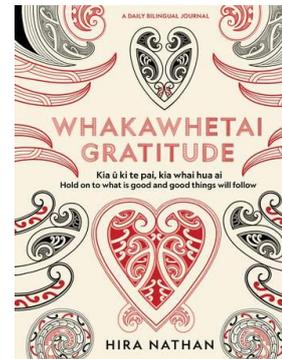
Author: Nathan, H

Year: 2023

Publisher: Allen & Unwin, Auckland, New Zealand

ISBN: 9781991006370

Audience: Self-help



This book is about gratitude and is a bilingual guide to living a more grateful life. The author Hira Nathan utilises the Māori hauora (wellbeing) health model *Te Whare Tapa Whā* and whakataukī (Māori proverbs) to give you an opportunity to pause for a few minutes each day and invite gratitude into your life.

The author weaves *Te Whare Tapa Whā* and Māori hauora (wellbeing) health phrases throughout the journal, which provides a Te Ao Māori (Māori world view) perspective of health and wellbeing.

This journal is perfect for Māori and non-Māori alike, no matter where your Te Reo level is at. Each page of this journal provides inspirational Māori quotes with Māori to English translations.

Learning about the Māori world view of health and wellbeing will be of benefit to all readers.

Review by Godfrey Rudolph, former Snr Māori Engagement Specialist, MHF

Disclaimer: Please note these reviews are not intended as endorsements or recommendations from the Mental Health Foundation. This feature introduces resources that may be useful for individuals with an interest in mental health and wellbeing topics.