

Give Thanks This Year with the Gratitude Stream iPhone App

Free application and social widget lets people participate in a global stream of gratitude via the iPhone, Twitter, Facebook, and iGoogle

Pleasantville, NY – November 24, 2009 – This year it's even easier to truly embrace the spirit of Thanksgiving with the new Gratitude Stream iPhone app and social widget. Built by Signal Patterns, the application lets people express their gratitude and participate in a worldwide movement to give thanks for what really matters. People can join the Gratitude Stream through the free Gratitude Stream iPhone app, via the Online Gratitude Stream on SignalPatterns.com or Facebook.

Expressing gratitude is a scientifically proven method of boosting one's short-term and long-term happiness. Even Oprah Winfrey herself promotes keeping a gratitude journal. And best-selling author and world-renowned authority in the field of mind-body healing, Deepak Chopra, has said, "Experiencing gratitude is one of the most effective ways of getting in touch with your soul."

"Amidst the stress of holiday travels, traffic, and entertaining, it's easy to lose track of what's truly important. The Gratitude Stream is a great way for everyone to remember to step back and think about what they're thankful for, as well as bask in a flowing stream of good thoughts and thanks from all over the world," said Ran Zilca, CEO of Signal Patterns. "And long after Thanksgiving leftovers are finished, the Gratitude Stream can help us experience gratitude. It's a simple action we can perform each day that can have a positive and long-lasting impact on our mood and lives."

The Gratitude Stream uses the latest technologies. There's an iPhone app that lets people share right from their mobile device. Alternatively, users can download the Facebook/iGoogle widget or join in on the Gratitude Stream Twitter feed.

Share what you're grateful for today, or just let the 'stream' wash over you at http://www.signalpatterns.com/iphone/gratitude_stream_std.html

Or check it out in Facebook here http://apps.facebook.com/gratitude_stream/page

About Signal Patterns

Signal Patterns develops psychology-based web and mobile applications that help people improve their well-being and relationships with others. Developed by a team of over 20 PhDs worldwide, Signal Patterns' online professional-grade solutions include self and relationship assessments, positive psychology activities and social tools for connecting with like-minded individuals. Signal Patterns' patent-pending technology results from a unique combination of in-house psychology research and data mining expertise. Founded in 2006, Signal Patterns is based in Pleasantville, NY. For more

information: <http://www.signalpatterns.com> and <http://www.signalpatterns.com>. Follow us on Twitter:
<http://twitter.com/signalpatterns>.

Contact:

Alison McNeill

408-720-8228 x112

Alison@future-works.com